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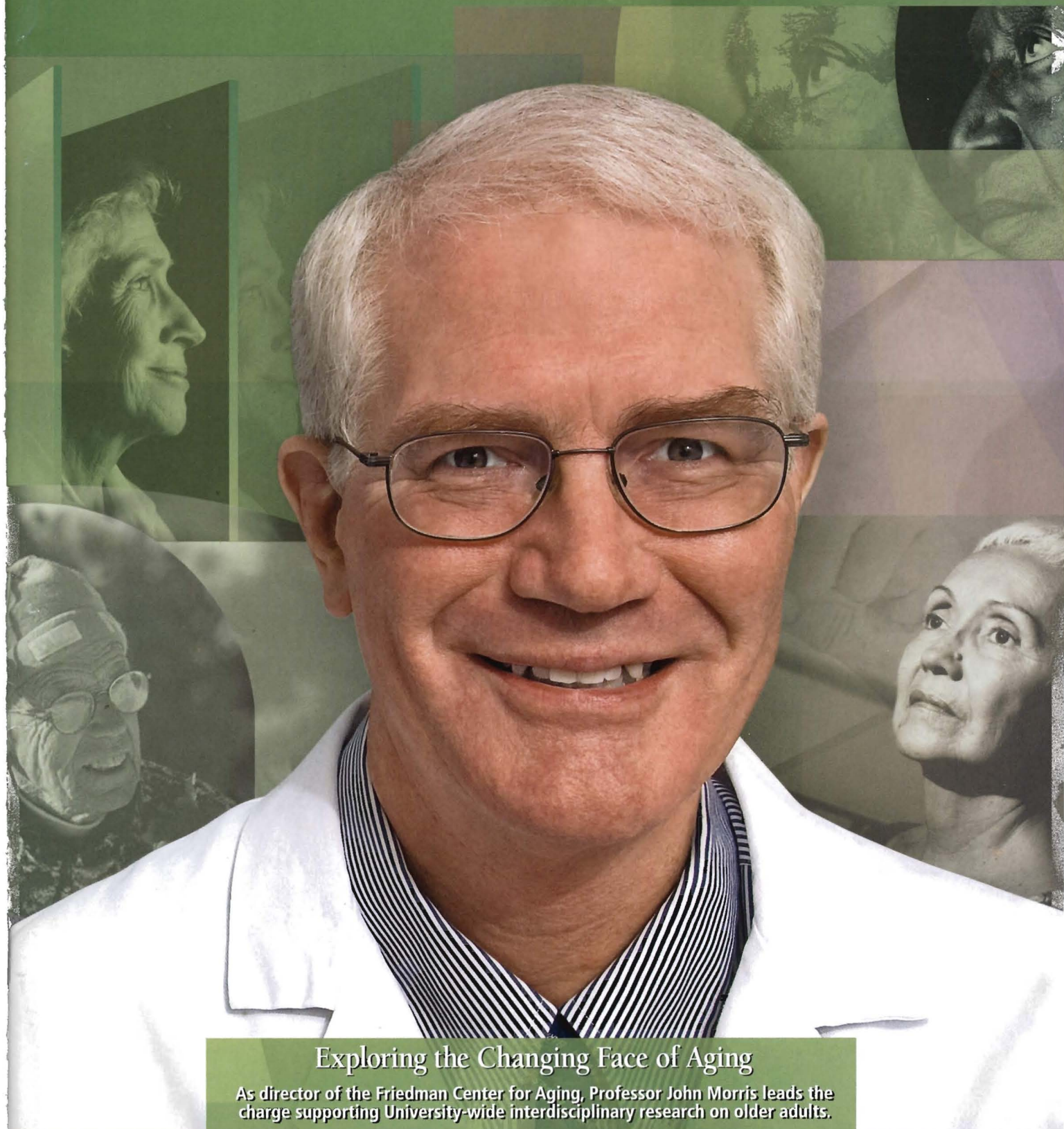
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Washington University in St. Louis

WINTER 2007 MAGAZINE



Exploring the Changing Face of Aging

As director of the Friedman Center for Aging, Professor John Morris leads the charge supporting University-wide interdisciplinary research on older adults.

New Life Stages • Seeking 'Mind's Thief' • Successful Aging • Transforming Later Life



David Kipper

Block Party M.F.A. students from the Sam Fox School of Design & Visual Arts work at the Contemporary Art Museum in St. Louis installing Maya Lin's *2 X 4 Landscape*. Pictured (from left) are Tori Kaspereit, Ann-Maree Walker, and Christine D'Epiro. In "Contemporary Exhibitions Studies: Maya Lin's Systematic Landscapes," a special one-credit workshop sponsored by the Sam Fox School, 16 master's candidates in art and architecture worked with museum staff to construct and install new sculptures, drawings, and installations for the *Maya Lin: Systematic Landscapes* exhibit, which opened September 7. Students had the opportunity to meet with Lin before the exhibit opened to discuss her artistic process as well as the conception and execution of specific works. Lin, the designer of the Vietnam Veterans Memorial in Washington, D.C., opened the fall Assembly Series with a lecture titled "Between Art and Architecture."



Diabetes and Alzheimer's: Geriatrician Monique Williams always has loved working with older adults; in her research, she investigates the role of diabetes in Alzheimer's disease (page 43).

DEPARTMENTS

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University members dedicate themselves to serving others.
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As dean of the George Warren Brown School of Social Work, Edward F. Lawlor is collaborating across disciplines to create new programs and initiatives.

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Cover: John C. Morris is the Harvey A. and Dorismae Hacker Friedman Distinguished Professor of Neurology, and director of the Alzheimer's Disease Research Center and of the Harvey A. Friedman Center for Aging. (Photo: Joe Angeles; composite: Donna Boyd; composite photos: Superstock©Digital Vision Ltd., Jin, Stagg-Giuliano, Corbis©Winsett)

Understanding Alzheimer's: Neurologist David M. Holtzman is one of the pre-eminent scientists at the medical school researching Alzheimer's disease. In his lab, researchers identify biomarkers for the disease (page 18).



FEATURES: SPECIAL ISSUE ON AGING

- 10 Exploring the Changing Face of Aging**
From psychology to neurology, social work to geriatrics, art to engineering, prominent University faculty address issues related to an aging population.
- 12 Understanding 'a New Stage of Life'**
Researchers in the Department of Psychology in Arts & Sciences delve into a broad spectrum of topics relevant to aging: from reasoning abilities to attention and focus, from family relationships to personality and emotions.
- 18 Seeking the 'Mind's Thief'**
Across the University, scientists dedicate themselves to discovering the intricacies of diseases that rob older adults of their mental capabilities. Great strides are being made, especially toward understanding the early stages of Alzheimer's.
- 24 Managing Successful Aging**
Occupational therapists and geriatricians work together to help older adults maintain meaningful and highly functioning lives. Helping them stay in their own homes is at the top of the list.
- 30 Transforming Later Life**
De-emphasizing disease and disability, professors across disciplines study and discuss ways that older adults can lead healthy, fulfilled, and civically engaged lives regardless of age.

Attention capacity diminishes with age: Jan Duchek (right), associate professor of psychology, and David Balota (not shown), professor of psychology, collaborate on researching healthy cognitive changes versus ones that may indicate dementia (page 12).





Sharing Surgical Skills in Central America

In late July, Jeffrey Lowell, professor of surgery and of pediatrics at the School of Medicine, was in El Salvador operating on a Salvadoran soldier who had been injured by a grenade explosion while serving in Operation Iraqi Freedom.

Lowell was deployed on a mission serving in his role as a commander in the U.S. Public Health Service Reserve. He served as a general surgeon on the USNS *Comfort* while the ship was in Panama, Nicaragua, and El Salvador.

The nearly 900-foot-long ship, originally built as an oil tanker, went on a four-month mission to South America, Central America, and the Caribbean providing training, free medical treatment, and humanitarian assistance.

Lowell and the other physicians on board saw patients in land-based clinics, most without electricity or air conditioning in stifling heat, to provide adult and pediatric medicine, optometry, dermatology, preventive medicine, and dental care. Hundreds of patients would be lined up at the clinic before the physicians arrived, Lowell says.

Because the ship was too large to dock at many of the ports, patients who needed surgery were taken to the ship via boat or Blackhawk helicopter. The surgeons each handled about six or seven cases a day, including hernia repair, clubfoot repair and other orthopedic procedures, and gynecological and urological procedures, Lowell says.

"The experience was personally and professionally gratifying," Lowell says. "These people have no money and little access to health care. The frustrating thing was not being able to help more of them."

Professor Jeffrey Lowell (left) and Eric Shirley, lieutenant commander in the U.S. Navy, perform clubfoot repair surgery on a child while on board the USNS Comfort.

Huge Mars Database Easily Accessible with New Software

A software program developed by researchers at Washington University is allowing viewers access to data and some early images from the most powerful spectral camera ever sent to Mars. The information is now available on NASA's online planetary data archive.

NASA's Planetary Data System (PDS) Geosciences Node, housed in the Earth & Planetary Sciences Building, produced the program, the Orbital Data Explorer.

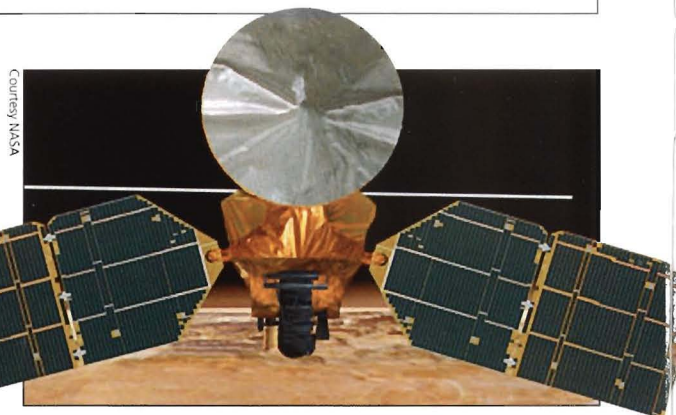
Keith Bennett, of earth & planetary sciences and deputy manager of the PDS Geosciences Node, and software engineer Dan Scholes put the program together. The software provides tools that allow users to search, display, and download PDS-archived data from the *Mars Reconnaissance Orbiter* (MRO) and other

selected Mars missions. (The program is at <http://ode.rsl.wustl.edu/mars/>.)

Ray Arvidson, the James S. McDonnell Distinguished University Professor and chair of the Department of Earth & Planetary Sciences in Arts & Sciences, manages the PDS Geosciences Node. The images come from Compact Reconnaissance Imaging Spectrometer for Mars (CRISM), flying aboard NASA's MRO.

CRISM, combined with other cameras and sensors on the MRO, is providing the most detailed look yet at Martian geology, climate, and surface makeup.

"The *Mars Reconnaissance Orbiter* is collecting more data, and carrying out



The Mars Reconnaissance Orbiter takes pictures of Mars. Software developed by WUSTL researchers now allows viewers everywhere access to early images from the most powerful spectral camera ever sent to Mars.

more complex observation plans, than any other mission to Mars," Arvidson says.

The first of these observations are available at <http://pds-geosciences.wustl.edu/missions/mro/crism.htm>.

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Ethiopian Medical Students Benefit from Used Textbooks

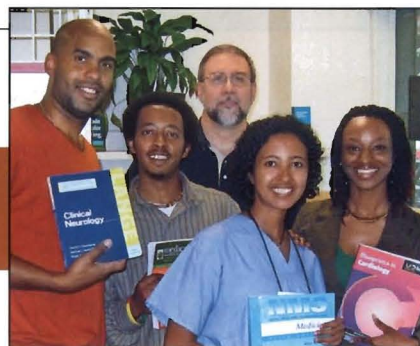
Several student groups and administrators at the School of Medicine and residents at Barnes-Jewish Hospital have collected nearly 500 medical textbooks to help their counterparts in Ethiopia.

The textbooks will replace outdated books at the medical school at Ethiopia's Addis Ababa University.

Rahel Nardos, a native of Ethiopia who recently completed a residency in obstetrics and gynecology at Barnes-Jewish, spent a week working in Addis Ababa University's hospital last year. She noticed residents there were using photocopies of outdated

material instead of textbooks. Nardos asked if they would be interested in newer textbooks, and her idea was born.

Nardos received help from her husband, Damien Fair, a fourth-year doctoral student in neuroscience and a member of the Division of Biology and Biomedical Sciences' Association of Black Biomedical Graduate Students (ABBGs). ABBGS became a co-sponsor for the effort along with the Center for Diversity and Cultural Competence at Barnes-Jewish, the Chancellor's Graduate Fellowship Program, the Office of Diversity Programs, and Bar Italia.



Courtesy Photo

(Left to right) Damien Fair, Binyam Nardos, Sam Craig, Rahel Nardos, and Tracy Nicholson show the books sent to medical students in Ethiopia.

Over several weeks the groups collected used books and some of the money needed to ship them to Addis Ababa. They are still seeking donations to ship the last few boxes.

Nardos and Fair will be there to see the books making a difference during Nardos' one-year fellowship at Addis Ababa University.

Martin Contends for 'Woman of the Year'

Washington University track and field star Delaina Martin was among the Top 30 contenders for the 2007 NCAA Woman of the Year award.

Martin completed her undergraduate studies in mathematics and Spanish in May with a 3.67 grade-point average. She finished her four-year intercollegiate career as the school record holder in four events—the 20-pound weight throw and shot put indoors, and the hammer throw and shot put outdoors.

Martin is one of the most decorated track and field athletes in UAA history with 16 All-Association honors. In indoor competition, she was a three-time UAA champion in the 20-pound weight throw (2005–2007) and also won the shot put (2006). Outdoors, Martin claimed association titles in the hammer throw (2005, 2006), discus (2004, 2005), and shot put (2006).

She twice was named the field events Most Outstanding Performer in the indoor championships (2006, 2007), garnered Most Outstanding Performer accolades at the outdoor event in 2005, and was named the UAA Rookie of the Year in 2004. Martin also earned All-America accolades as a junior and senior at the NCAA Division III Championships.



Mary Burkus

Track and field star Delaina Martin completed an undergraduate degree in May with a 3.67 grade-point average. She majored in mathematics and Spanish, both in Arts & Sciences.

Named a three-year All-Academic honoree by the UAA and the U.S. Track & Field and Cross Country Coaches Association, Martin now works for the Teach For America program as an algebra teacher in Edcouch, Texas.

International Students Explore U.S. Legal System

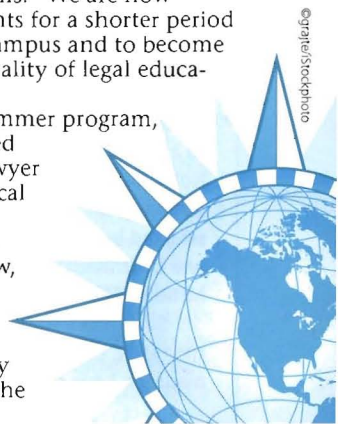
A new, two-week Summer Institute in United States Law drew undergraduate law students from several countries, including Portugal, India, Iceland, Denmark, and Venezuela to St. Louis. Nearly a dozen international students explored the U.S. legal system, its basic structures and processes, and the ways in which it is distinctive from the legal systems of their home countries.

The program introduced the international students to American legal teaching methods and the U.S. legal system, as well as to Washington University School of Law, specifically.

"The law school has a very successful yearlong master's in law (LL.M.) program for foreign lawyers who have earned their bachelor of law in their home countries," says Michele Shoresman, associate dean for graduate programs. "We are now inviting such students for a shorter period of time to see our campus and to become familiar with the quality of legal education we offer."

As part of the summer program, the students assumed the role of a U.S. lawyer resolving hypothetical problems.

Leigh Greenhaw, senior lecturer in law, and Michael Kobay, senior lecturer in law and director of the Trial & Advocacy Program, served as the institute's faculty.



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New Center Named in Honor of Danforths

Washington University has named its new university center in honor of Chancellor Emeritus William H. and the late Elizabeth (Ibby) Gray Danforth. The building is under construction on the University's Danforth Campus at the intersection of Forsyth Boulevard and Wallace Drive.

The William H. and Elizabeth Gray Danforth University Center, scheduled to open for the fall 2008 semester, will be a gathering place not only for students, but for the entire community—faculty, staff, friends, parents, alumni, and visitors.

Constructed entirely in the Collegiate Gothic style, the three-story, 116,000-square-foot facility will feature dining areas, lounges, meeting rooms, and offices for student leaders and student services professional staff.

"For so many of us and for such a long time, Bill and Ibby have embodied this institution. They have made an extraordinary impact on the past, present, and future of the University, and we cherish this association," Chancellor Mark S. Wrighton says. "There is no better way to honor their love for the University than to name the center for them."

The building has been designed as a green structure, to be Leadership Energy and Environmental Design (LEED)-NC Gold certified. It will have improved water and energy efficiency exceeding state and federal codes. Construction has included the use of many recycled products and materials, and more than half of the construction waste will not end up in a landfill.

Future Obesity Treatments May Focus on Intestinal Protein

Researchers at the School of Medicine have found that a protein absorbs lipids in the upper part of the intestine, and they believe it may provide a novel approach for future obesity treatment.

Nada A. Abumrad, the Dr. Robert C. Atkins Professor of Medicine and Obesity Research at the School of Medicine, identified the protein, CD36, that facilitates the uptake of fatty acids.

Normally, CD36 absorbs fatty acids in the upper, or proximal part of the intestine, but when it is absent, lower, more distal, sections of the intestine compensate and absorb the fat.

When no CD36 was present in the genetically altered mice in Abumrad's study, the lipids were absorbed more slowly since they had to travel to lower parts of the intestine.

Although scientists in Abumrad's laboratory think it may be possible to help people lose weight by interfering with the CD36 protein, they first want to learn more from the mouse since disabling CD36 everywhere can have detrimental effects.

"If we find that such a mouse [one that can make CD36 everywhere except in the intestine] still has delayed absorption of fatty acids and cholesterol and ends up eating less fat, we'll have more evidence that this might be a good approach to use in humans," Abumrad says. "Block the function of the protein in the intestine, absorb fewer lipids, and since your absorption is delayed, you don't feel as hungry and you eat less."

Students Selected to Meet Laureates in Germany

Arts & Sciences graduate students Jeffrey Cameron, a Ph.D. candidate in biology, and Megan Daschbach, a Ph.D. candidate in chemistry, were chosen to attend the 57th Lindau Meeting of Nobel Laureates and Students in Lindau, Germany, on July 1–6. Cameron was selected by the U.S. Department of Energy, and Daschbach was selected by the National Science Foundation.

Since 1951, Nobel laureates in chemistry, physics, and physiology/medicine have convened annually in

Lindau to conduct meetings with students and young researchers from around the world. This year's event focused on physiology and medicine.

Cameron and Daschbach joined 47 students from the United States and more than 500 international students at the meeting.

During the meeting, the laureates lectured on topics related to physiology and medicine and participated in small group discussions with the students. The meeting's primary purpose was to allow participants—most of whom are students—to benefit



Jeffrey Cameron



Megan Daschbach

from informal interaction with the Nobel Prize winners.

At Washington University, Cameron's research concentration is photosynthesis and manganese homeostasis and Daschbach's is synthetic anion transporters.



Concerns About Child Protective Services Have 'Little Basis in Reality'

Efforts to improve Child Protective Services (CPS) would be more effective if they were based on available data instead of assertions not supported by evidence, say child welfare services experts Brett Drake and Melissa Jonson-Reid, associate professors of social work.

All states have mandated reporting laws that compel specific people, usually CPS staff and helping professionals, to report suspected instances of child maltreatment.

These laws have generated complaints and controversy, and the child welfare system is being questioned by a small but vocal group of people, including some professionals who have asserted that the laws may do more harm than good.

"While there is no doubt that the current child welfare system has flaws, we can find little empirical data supporting the scathing critiques of mandated reporting laws and CPS," say Drake and Jonson-Reid.

Drake and Jonson-Reid reviewed national-level empirical data. The researchers used information from the last three decades to examine the following criticisms: CPS is overwhelmed by investigative functions; CPS is unable to provide services beyond the initial investigation; CPS is viewed as being intrusive and ineffective; and the mandated reporting system is seen as an unreasonable burden.

Overall, Drake and Jonson-Reid's work suggests many concerns about the current reporting system are unfounded, and there appears to be no evidence suggesting that current reporting requirements be abandoned.

Biomedical Engineering Devices Studied in China

Nine biomedical engineering students from the School of Engineering spent two weeks in China this past summer to learn about the need for biomedical devices in facilities such as orphanages and hospitals. They were led by Frank Yin, department head and the Stephen F. & Camilla T. Brauer Distinguished Professor of Biomedical Engineering, and Joseph Klaesner, a research assistant professor of physical therapy.

The students lived and studied at Hong Kong Polytechnic University (PolyU). The faculty at PolyU introduced the students to different problems that can be addressed by biomedical engineering solutions.

At Sun-Yat Sen University in Guangzhou, the students learned about applications of functional electrical stimulation for stroke patients. The group then traveled to Dongguan Rehabilitation Center to study applications of orthotics for children with cerebral palsy. The insights they gained will form the basis of their senior design projects.



Courtesy Photo

Ian Pearson (second from right) and Corinne Pascale (far right) examine a mold for an orthotic with students from Hong Kong Polytechnic University.



Anti-Discrimination Bond May Reduce Employee Litigation

The Civil Rights Act of 1991 (CRA-91) held great promise for protecting workers from discrimination in the workplace. Unfortunately, CRA-91 also has increased the likelihood that a firm will be sued for discrimination.

The cost to defend an accusation through the Equal Employment Opportunity Commission (EEOC) is an estimated \$10,000 to \$15,000, even if the allegation is found to be without merit.

As a result, CRA-91 has induced hiring discrimination. Evidence exists that

employers minimize litigation risk by avoiding hiring employees they believe pose the greatest risk—those in groups protected by the EEOC.

One way to avoid this problem, says Anne Marie Knott, assistant professor of strategy at the Olin Business School, is to offer an "anti-discrimination bond" to prospective employees. Economic experiments indicate the bond may reduce employment litigation by 96 percent, Knott says.

"Employees make contributions through payroll deductions that are accumulated in individual accounts," Knott says. "However, the bond has a provision that the contributions are forfeited in the event that the employee brings suit." If an employee never sues but leaves the company for other reasons, he or she would get back all invested money plus interest.

Knott says the bond is priced so that non-litigious employees find it attractive, while litigious employees find it unattractive. If the person buys the bond, he or she is not likely to sue. Conversely, if someone refuses to buy the bond, it increases the likelihood that the candidate will sue.



Courtesy Image



Architecture Students Win International Museum Design Competition

Peter Elsbeck, Cristina Greavu, and Eric Rang, all graduate students in architecture in the Sam Fox School of Design & Visual Arts, won an international competition to create a sculptural façade for El Museo Cultural de Santa Fe in New Mexico.

The group's winning design was selected from more than 100 entries submitted by architects, artists, and designers representing 10 countries. The team received a \$5,000 first-place cash award.

El Museo Cultural—a center for Hispanic culture and learning now celebrating its 10th anniversary—is housed in a rehabbed, 32,000-square-foot former liquor warehouse.

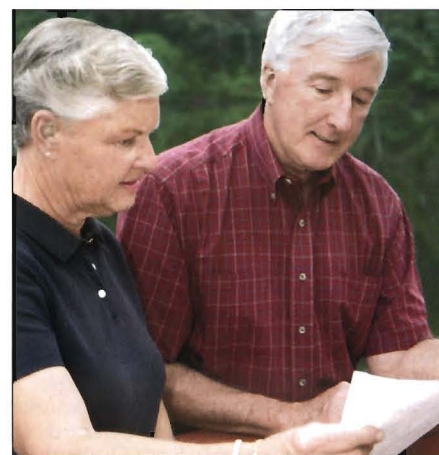
Competition entries were judged on creativity and their ability to transform the building's existing industrial façade into a focal point for Santa Fe's emerging Railyard Arts District.

The winning proposal, titled "Shifting Lines," consists of semi-translucent strips of white architectural fabric arranged in a rhythmic, undulating pattern along the building's eastern side. During the day, these 10-inch-wide strips will create ever-changing configurations of shadows on the building's corrugated steel cladding. At night, they will be subtly lit by a curving bank of low-intensity lamps.

Older Adults Don't Always Get Punchline

It is no laughing matter that older adults have a tougher time understanding basic jokes than do younger adults.

This is partially due to a cognitive decline associated with age, according to University researchers Wingyun Mak, a



©Jillerman/Stockphoto

graduate student in psychology in Arts & Sciences, and Brian Carpenter (see pp. 16–17), associate professor of psychology.

Humor comprehension in older adults functions differently from humor comprehension in younger adults. The researchers studied older adults from a University subject pool as well as undergraduate students. The subjects participated in tests that indicated their ability to complete jokes accurately as well as tests that indicated their cognitive capabilities in areas of abstract reasoning, short-term memory, and cognitive flexibility. Overall, older adults demonstrated lower performance on both tests of cognitive ability as well as tests of humor comprehension than did younger adults.

"However, just because you're an older adult does not mean that you can't understand humor. All hope is not lost," Mak says. "This is just the first step in understanding how humor comprehension functions in older adults."

Understanding the relationship between humor comprehension and cognition eventually may facilitate the way humor is integrated into programs or therapies for older adults.

Researchers are just beginning to "tease" out ways to prevent cognitive decline in older adults. And perhaps one day grandchildren and their grandparents will be able to continue giggling at the same bad jokes.

Rare Survey of Korean Comics Exhibits at WUSTL

Recent years have seen an explosion of interest in Japanese manga, or comic books, in the United States, yet Korean comics remain relatively unknown. This fall, the Mildred Lane Kemper Art Museum at Washington University exhibited *Korean Comics: A Society Through Small Frames*, a rare U.S. exhibition of work from both North and South Korea.

Organized and curated by The Korea Society, Korean Comics featured more than 80 works by 21 cartoonists, drawn from the 1950s to the 1990s. The exhibition provided a decade-by-decade glimpse of the evolving social realities in contemporary Korea, as depicted in comics ranging from popular children's entertainment to aggressive forms of political commentary.



Courtesy The Korea Society

Brain's Control Network Splits as Children Age

Two recently discovered control networks that govern voluntary brain activity in adults start life as a single network in children, report neuroscientists at Washington University.

One control network, dubbed the cingulo-opercular network, is the "stable, sustaining" network, likely to be active during prolonged mental activities, such as reading a text. In contrast, the fronto-parietal network is a "more online, rapid-adapting controller," which has active periods including times when the brain recognizes an error and changes its approach to a problem.

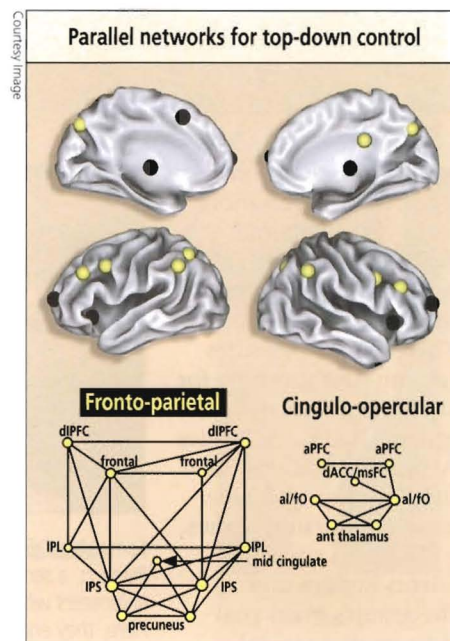
Researchers were surprised to find the two networks merged together in children.

"This has important implications not only for our thinking about how the architecture of the brain develops,

but also for how that same structure breaks down in aging, disease, and injury," says senior author Bradley L. Schlaggar, assistant professor of pediatrics, radiology, neurology, and neurobiology and anatomy.

Neuroscientists have spent much of the past few decades tracing brain functions to small brain areas or collaborations between a few of those areas. But scientists have sometimes found it difficult to use this approach to predict how injuries to a given area of the brain will affect a patient's cognitive abilities.

"We're optimistic that answers to these problems and other important questions may lie in a more network-oriented approach that analyzes how several different brain regions regularly work with each other, exchanging data, directives, and feedback," says co-author Steven Petersen, the James S. McDonnell Professor of Cognitive Neuroscience and director of the Division of Neuropsychology.



Honors & Recognition

Raymond E. Arvidson, the James S. McDonnell Distinguished University Professor and chair of the Department of Earth & Planetary Sciences in Arts & Sciences, was selected by a committee at the American Geophysical Union (AGU) as the winner of the 2007 AGU Planetary Science 2007 Whipple Award.

Richard A. Chole, the Lindburg Professor and head of the Department of Otolaryngology and professor of molecular biology and pharmacology, received the 2007 Award of Merit from the American Otolological Society for his leadership in research, education, and directing the American Board of Otolaryngology.

Linda B. Cottler, professor of epidemiology in psychiatry and director of the Epidemiology and Prevention Research Group, was named president-elect of the American Psychopathological Association.

Ramanath Cowsik, professor of physics and director of the McDonnell Center for the Space Sciences in Arts & Sciences, received the 2007 M.P. Birla Memorial Award from the M.P. Birla Institute of Fundamental Research and the M.P. Birla Planetarium in Kolkata, India.

Timothy Eberlein, the Spencer T. and Ann W. Olin Distinguished

Professor and director of the Siteman Cancer Center, was elected to a three-year term on the board of directors of the Association of American Cancer Institutes.

Anne C. Goldberg, associate professor of medicine, was elected president of the National Lipid Association.

Patricia Gregory was named assistant vice chancellor and executive director of medical corporate and foundation relations at the School of Medicine.

Bruce Lindsey, dean of the College of Architecture and the Graduate School of Architecture & Urban Design, was named the E. Desmond Lee Professor for Community Collaboration in the Sam Fox School of Design & Visual Arts.

Susan E. Mackinnon, the Sydney M. Shoenberg, Jr. and Robert H. Shoenberg Professor of Surgery and chief of the Division of Plastic and Reconstructive Surgery, was named president of the American Association of Plastic Surgeons.

Matthew Malten was appointed assistant vice chancellor for campus sustainability.

Daniel R. Mandelker, the Howard A. Stamper Professor of Law, received the American Bar Association's prestigious Daniel J. Curtin Lifetime Achievement Award in recognition of his outstanding service in the field of state and local government law.

James E. McLeod, vice chancellor for students and dean of the College of Arts & Sciences, was named one of St. Louis' Most Influential Minority Business Leaders for 2007 by the *St. Louis Business Journal*.

Michael J. Mueller, associate professor and division director of research for the Program in Physical Therapy, received the American Physical Therapy Association's 2007 Jules M. Rothstein Golden Pen Award for Scientific Writing.

David G. Mutch, the Ira C. and Judith Gall Professor of Obstetrics and Gynecology, was named president-elect II of the Society of Gynecologic Oncologists.

Ralph Quatrano, the Spencer T. Olin Professor and chair of the Department of Biology in Arts & Sciences, received the inaugural Fellow of American Society of Plant Biologists Award.

Yoel Sadovsky, professor of obstetrics and gynecology, was named president-elect of the Perinatal Research Society.

Samuel Stanley, Jr., vice chancellor of research, was named an ambassador in Research!America's Paul G. Rogers Society for Global Health Research.

William F. Stenson, professor of medicine, was named the Dr. Nicholas V. Costrini Professor of Gastroenterology & Inflammatory Bowel Disease at the School of Medicine.

Finding Meaning in a Nursing Home

BY TERRI NAPPIER

A one-on-one conversation, a Polaroid shot with a new friend, a songfest during the holidays. These simple pleasures take on new meaning for student volunteers of the group S.A.G.E., or Service Across Generations, who meet weekly with older adults in nursing homes.

Program co-leader Glenn Kunkes says the group's main goal is to promote social well-being among the residents. Natalie Kress, S.A.G.E.'s other co-leader, thinks the group is important particularly because there are no other groups on campus working entirely with older adults.

Last year, students met with residents of a nursing home in University City and experienced what seems to be a common problem in many nursing homes: a lack of activities.

Both Kunkes and Kress say that watching television may have been the main source of social activity for some. Kunkes, a junior psychology major with an interest in gerontology, continues: "Some of the residents may not have family or may not have family who visit often. We'd visit on Saturday mornings to encourage one-on-one interaction and to incorporate as many as possible in group activities, such as decorating the common area for holidays and creating arts and crafts. I noticed a lot of happiness while we were there."

Asked what his favorite event was during the year, Kunkes mentions caroling door-to-door during the holidays. "The residents got excited," he says. "Some followed us as we went around and joined in. It became like a conga line."

Another favorite was Easter egg dyeing, which he had never done before. "We went to the rooms and offered eggs to those who were not able to participate," Kunkes says. Jansi Gnanasekaran, A.B. '07, the past program leader, took photos with a Polaroid camera, and students then made paper frames and gave them away. "When we came back the next week, one of the residents had the picture of us on her door along with her other prized photographs," Kunkes continues. "It made me feel as if we meant a lot to her and, possibly by extension, to the residents as a whole."

According to Kress, the residents also seemed to enjoy just talking one-on-one with students "about 'back-in-the-day-when-I-was-young' kinds of things."

The students benefited as well. Kress, a sophomore biology major with a philosophy-neuroscience-psychology



Samantha DiBaggio (left), a sophomore chemical engineering major, and Melissa Reimers, a senior majoring in biology and German, are among S.A.G.E.'s student volunteers who meet with residents of Sunrise Assisted Living facility on Saturdays. Here, they enjoy a round of Yahtzee® with Kitty Michaelson.

minor, says, "I think S.A.G.E.'s efforts are especially important in terms of exposing students to intergenerational relationships."

Kress also stresses the importance of raising students' awareness of life in an economically disadvantaged facility.

And Kunkes and Kress are no strangers to nursing homes and relationships with the elderly. Both had close ties with their grand-

parents, and both have suffered through the hardships of watching them decline due to Alzheimer's disease.

"As I became aware of the prevalence of Alzheimer's," Kunkes says, "I became interested in broader gerontology issues. I currently am enrolled in a social gerontology course with Professor (Brian) Carpenter, and I feel that gerontology represents a good niche for me to help others."

"My grandmother suffered from Alzheimer's for five or six years, and I saw her in and out of various nursing homes," Kress says. "I saw the path that she took from being fairly aware and conscious of things to not being (conscious) at all toward the end."


Kress says that she also saw "how important human contact is, even at the end of life. That's basically why I'm involved with S.A.G.E."

Since last year's facility currently is being renovated, students are establishing new relationships with staff and residents at Sunrise Assisted Living in Richmond Heights. Kunkes is excited about working with this new facility, and he has pushed back meeting times to Saturday afternoons, hoping that starting later in the day will encourage more students to volunteer.

One of the Campus Y's 25 student groups, S.A.G.E. is looking to expand its volunteer base and to raise awareness of its existence on campus. Fifty new students expressed interest at the fall Activities Fair.

Another of the organization's goals is to become a topic of relevance during various awareness weeks on campus.

"Right now, it's about expanding the group," Kunkes says. "If we get the word out and get more volunteers, our priorities will change."

Kress concurs: "We have long-term goals of being involved in awareness weeks, maybe eventually starting an aging awareness week." 

Terri Nappier is editor of this magazine.



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EXPLORING THE CHANGING FACE OF AGING

From psychology to neurology, social work to geriatrics, art to engineering, prominent University faculty address issues related to an aging population. The four features that follow provide a glimpse into the breadth of exceptional research taking place at the University.

BY TERRI NAPPIER

The life span for people living in the United States and other industrialized societies has continued to rise over the last century, and researchers at Washington University have long paid attention to this trend and its associated human challenges and concerns.

Today, across multiple departments, divisions, and schools, researchers coalesce in the University's Center for Aging. Recently re-named the Harvey A. Friedman Center for Aging, in recognition of Harvey and Dorismae Friedman's support to create an environment for fruitful cross-disciplinary research, the center was born from decades of research in psychology, then medicine, and now social work, art, engineering, and architecture.

The center's overarching mission is to empower older adults to remain healthy, active, and independent for as long as possible—a goal summarized by some as “productive aging” or “successful aging.” The center's initiatives range from research and policy work to education and service initiatives in the community.

In the following four articles, readers are introduced to several of these initiatives, but first this introduction provides some history as to how such a burgeoning center formed at Washington University.

Aging-related research at the University began more than 50 years ago by a few biology professors in the School of Medicine. One of the major national

gerontological societies—now called the Gerontologic Society of America—began with their input. Soon thereafter, though, the torch was passed to researchers in the Department of Psychology in Arts & Sciences.

Recognizing that the population was going to age, and that it would be useful to train junior psychologists in issues related to aging, Marion Bunch, then-chair of the psychology department, applied for and received a grant to train students in research careers. This grant was one of the first two training grants related to aging and psychology awarded by the National Institutes of Health (NIH). From this grant grew the Aging and Development Program, which still exists today. Professors Jack Botwinick, Martha Storandt, and now David Balota have been pivotal



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in leading the program and grant; the department will celebrate the program's 50 years of continuous funding in spring 2008.

Over time, the psychology department has collaborated with faculty and students in social work, another area on the Danforth Campus with a large concentration of researchers interested in aging. Professors Nancy Morrow-Howell and Enola Proctor, for example, are two with a long-standing interest in aging. The George Warren Brown School of Social Work also has a doctoral program where a number of students have focused their research on aging, some working with faculty in psychology. Today, the School's dean, Edward Lawlor, is an expert on aging and economics (see *Washington Spirit*, page 48).

At the School of Medicine, in the mid-'70s, neurologist Leonard Berg got things started. He and his neurology colleagues wanted to understand senile dementia, but initially were denied funding. The NIH recommended that Berg and his colleagues team up with the renowned aging researchers and professors in psychology, who were looking for collaborators. Berg then worked in partnership with Botwinick, and his protégé, Storandt, to receive funding that established the Memory and Aging Project. A few years later, in the early- to mid-'80s, with assistance from neurologist John Morris, Berg established the Alzheimer's Disease Research Center (ADRC), which continues to have an interdisciplinary focus.

Since then, the ADRC has concentrated on understanding the earliest changes of dementia caused by Alzheimer's disease. To do so, the center has had to understand what is normal as people age, so healthy older adults have participated as control participants. With Berg as the center's first director, then subsequently Professors Eugene Johnson and Morris, it became clear that aging is much broader than cognition.

When Berg stepped down as director and became emeritus professor in 1998, Chancellor Mark Wrighton asked him to develop a Center for Aging that would address broader issues. This was, in large part, at the instigation of Harvey Friedman,

who was a pivotal force in getting the medical school to focus on aging. At that time, Wrighton noted that the University was a world-class research institution, but it did not have an organized research unit pooling all the researchers who looked at aging. Successful programs and disease centers existed, but the broader topic of aging needed exploring in collaboration.

Berg began holding meetings to discuss a new center but was unable to lead it after he suffered a massive stroke in September 1998. Morris, the Harvey A. and Dorismae Hacker Friedman Professor of Neurology, then was asked to head the Center for Aging, which officially started in 2001.

Morris also is the director of the ADRC, which has three co-directors: David Holtzman, Alison Goate, and Johnson, all pre-eminent researchers. ADRC's focus increasingly is to look at younger people, because the ultimate goal is to prevent dementia from ever occurring.

The Department of Neurology is not alone in looking at aging-related issues at the School of Medicine; researchers in the Program in Occupational Therapy, led by director Carolyn Baum, are helping older adults manage aging by making physical adjustments personally or through home modifications. And in the Division of Geriatrics and Nutritional Science, researchers are looking at ways to care for and assist older adults. In particular, exercise physiologist John Holloszy has been a leader in discovering the degree to which exercise and nutrition relate to physical well-being over the life span, and geriatrician David Carr is researching aging as it relates to one's ability to drive.

In the art school, Associate Professor Ken Botnick is interested in the design of communication materials across the life span, and architecture alumnus Gyo Obata is interested in living design—our roads, buildings, and furniture—for older populations.

As the University looks to the future, and to the important issues and challenges regarding an aging population, the Friedman Center for Aging is poised to build upon the success of these research initiatives and programs, as well as earlier ones, and to help these different components communicate with one another in a coordinated, unified fashion. ■

Terri Nappier is editor of this magazine.

UNDERSTANDING 'A NEW STAGE OF LIFE'

Researchers in the Department of Psychology in Arts & Sciences delve into a broad spectrum of topics relevant to aging: from reasoning abilities to attention and focus, from family relationships to personality and emotions.

BY JANNI SIMNER

A

t the turn of the 20th century, the life span for the average U.S. citizen was less than 50 years. Over the past 100 years that number has increased dramatically; according to the Centers for Disease Control, today a typical American lives into his or her late-70s.

"We've got a completely new stage of life that we just didn't have before," says Martha Storandt, professor of psychology in Arts & Sciences. "Aging is a challenge of the modern era."

Faculty in the psychology department's Aging and Development Program are meeting that challenge by looking at everything from how to maintain thinking and reasoning skills into old age to finding ways to better predict and respond to dementia and other diseases when they do occur.

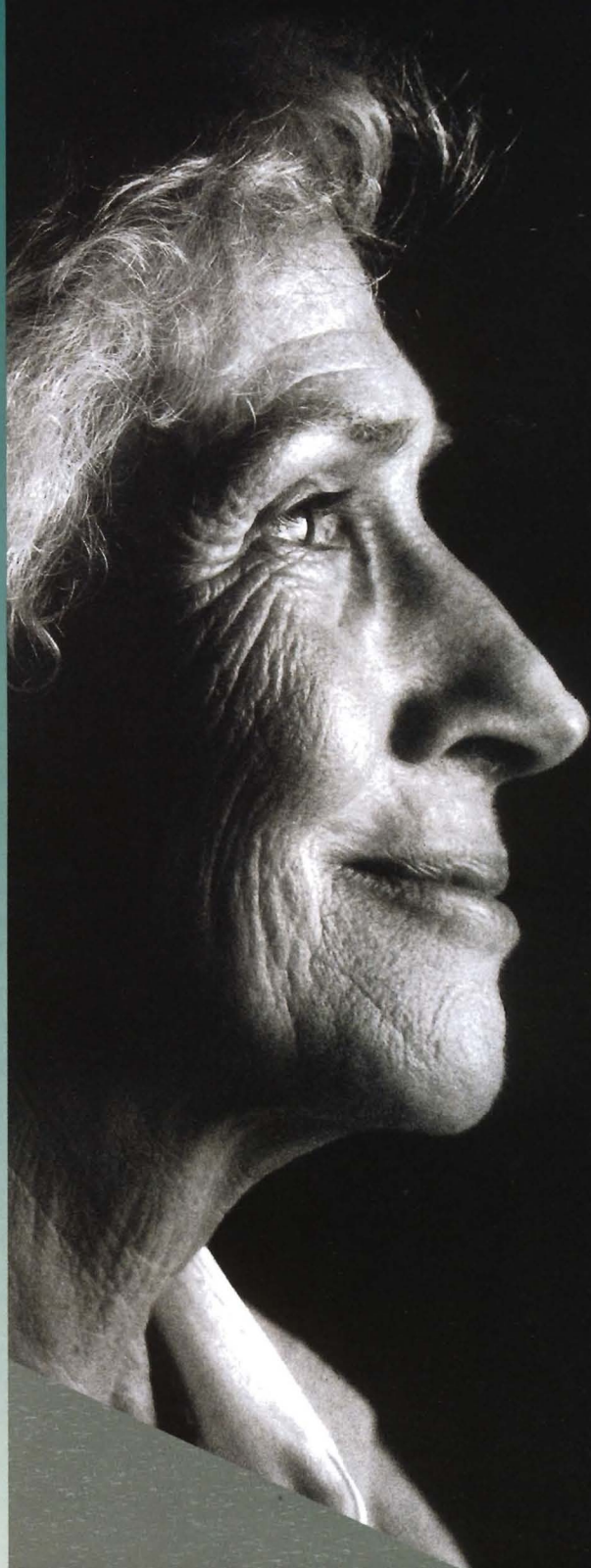
They are building on a strong tradition of research: the Aging and Development Program was established in 1957, making it one of the first programs of its kind in the country.

MAINTAINING COGNITION

When it comes to thinking and reasoning, Storandt says, "We don't need to decline with age."

Storandt studies the cognitive changes that occur over our lifetimes, and she compares how these changes differ among healthy individuals and those in the early stages of Alzheimer's disease. By analyzing 30 years worth of data gathered by the University's Alzheimer's Disease Research Center in the School of Medicine, Storandt has found that for those who do not develop dementia, many thinking and reasoning abilities can remain stable into their 90s and even 100s.

This doesn't mean that age doesn't bring any changes; for one thing, our thought processes slow down with time. "If you need to do something rapidly, you're not going to do as well the older you get," Storandt says. But when she and her colleagues factored out both speed and the effects of diseases such as dementia and strokes, they found that seniors often perform as well as younger adults.





In addition to conducting her own research in cognition and aging, Professor Martha Storandt (left), A.B. '60, Ph.D. '66, trains graduate students, such as doctoral candidate Ellen Skladzien, in the psychology department's Aging and Development Program.

might not only add years to our lives; doing so might also help us to think and reason better during those years.

When not focused on her own research, Storandt trains the Aging and Development Program's graduate students and postdoctoral fellows. The program is highly selective, so the students accepted into it are all top-notch, Storandt says. She enjoys helping them find research specialties they can focus on and call their own. "It's really fun to see students take off and build their careers. And it's really rewarding when they then become mentors in turn."

Storandt says she and her students still have a lot to learn about this new stage of life. "There are a lot of questions to look at, and for a researcher, that's exciting."

She finds working with aging adults exciting as well. "There are so many more opportunities for experiencing life now," she says, "opportunities we just didn't have in the past."

"There are so many more opportunities for experiencing life now," Storandt says, "opportunities we just didn't have in the past."

"We'd always assumed that memory and problem-solving abilities went down with age," Storandt says. "But it looks as if they go down with disease."

Storandt is looking at ways to help seniors make the most of these abilities. Some strategies are pretty straightforward, she says; she recommends that seniors make lists, set reminders, and allow additional thinking and planning time as needed. Other strategies may be more complicated: One of Storandt's graduate students is looking at ways that the elderly can more effectively switch gears from one task to another, for instance.

Maintaining cognitive health is strongly affected by maintaining physical health. "A lot of the time we think we just need to keep our brains active," Storandt says, "and keeping your brain active is good for you. But there's evidence that maintaining a healthy lifestyle also affects cognition. Your brain is one of the organs of your body, and so you need to keep your body healthy." Exercising more, eating better, and keeping conditions such as blood pressure and diabetes under control

THE PSYCHOLOGY OF ATTENTION

One thing that does diminish with time is our ability to pay attention. "At any point in time, we're bombarded with all sorts of stimulation and information," says David Balota, professor of psychology in Arts & Sciences. "We need to sort through this information and choose what matters to perform even basic tasks." As we age, this sorting and choosing becomes more difficult, which is why seniors have to work harder at things like tracking conversations in noisy restaurants, or processing multiple sources of information quickly enough to drive safely across town.

For Balota and collaborator Jan Duchek, associate professor of psychology in Arts & Sciences, how well we pay attention also may provide tools for detecting Alzheimer's disease sooner.

In their lab, Balota and Duchek measure attention and focus in a variety of ways. In one experiment, they present study participants with a series of words, and ask them to name not the words themselves, but instead the colors the words are written in—a task that requires a fair amount of

Joe Angeles

Personality Is Not Static

Do our personalities and emotions affect how we age? Two Washington University researchers have received federal grants to find out.

Thomas Oltmanns, the Edgar James Swift Professor of Arts & Sciences, received a National Institute of Mental Health grant to study how personality influences our ability to adjust to changes later in life.

For example, "Instead of saying in a vague way that lots of people have trouble with retirement," Oltmanns says, it would be helpful if one day, "we could say that certain personality traits lend themselves to successful retirement, while those with other traits are more likely to struggle. Ideally, we could then provide some support for those who are going to have trouble." The same might be true for other late-life issues as well, such as dealing with chronic health problems.

Personality is not static, Oltmanns says; it changes throughout our lives, and traits such as risk-taking and impulsivity tend to wane over time. Yet in middle age, our personalities have become as stable as they are likely to be. For this reason, Oltmanns' study will begin with a group of participants ranging in age from 55 to 64, and then will follow those participants into old age. "We know the social environment has lots of changes in store for them in the next 10 to 15 years," he explains.

Randy Larsen, the William R. Stuckenberg Professor of Human Values and Moral Development and chair of the Department of Psychology, received a National Institutes of Health grant to study how emotional responses change with age, especially "automatic" emotional responses to threatening situations.

"If someone is walking across campus and sees a snake in the grass," Larsen explains, "she'll see that threatening stimulus faster and have an emotional reaction to it more quickly than if she saw something that wasn't threatening." This speed advantage has already been well documented in young adults, but Larsen is finding that it remains as we age. While an undergraduate might react to a snake faster than a retiree in absolute terms, an older adult will still react to that snake faster than he or she will react to another, less threatening object.

This instinctive emotional reaction is valuable, Larsen says, because it draws our attention to threats and helps us respond to them. It is the reason that, say, drivers cut off in traffic will quickly direct their attention toward stopping their car, and away from any conversations they are having with other passengers.

"There's a strong survival value to having faster reflexes for threatening things," Larsen says. "I think that is why it stays with us through the life span."

attention when, say, the word "blue" is written in red ink. In another experiment, Balota and Duchek look at how well participants shift their attention from one task to another by asking them to switch from, say, sorting vowels from consonants to sorting odd numbers from even ones.

As we get older, tasks such as these take longer. However, healthy adults still perform them significantly

faster than adults the same age in even the earliest stages of Alzheimer's disease. Evidence is mounting, Balota and Duchek say, that this slowdown may in fact be measurable several years before Alzheimer's currently can be diagnosed.

Another Alzheimer's detection tool may lie in the ways personality changes. Balota and Duchek say that traits such as anxiety, anger, and hostility tend to increase among even new Alzheimer's patients, while traits such as self-discipline, orderliness, and deliberateness tend to decline. They are investigating whether these changes might also be detectable before researchers can currently diagnose the disease—whether they might, in fact, make earlier diagnosis possible.

"Early diagnosis is critical," Duchek says. Many treatments and interventions have more impact the sooner they begin, and early



Joe Angeles

Professor David Balota (left) and Associate Professor Jan Duchek (right) work with Ruth Shanker, a healthy older adult, who is engaged in a test to determine selective attention.



Joe Angeles

Brian Carpenter (left), associate professor of psychology, and doctoral students Emily Porensky (center) and Elizabeth Mulligan—all researchers in the Clinical Geropsychology Lab—prepare a problem-solving task for older families. Researchers videotape the exercise to learn more about how family members collaborate.

diagnosis also helps families and doctors to manage the disease more effectively.

Balota and Duchek do warn against assuming every last change in one's own behavior is a sign of dementia, however. "People tend to assume that any little change in memory or attention—any little 'slip'—indicates the onset of Alzheimer's disease," Duchek says. Some cognitive changes are a normal part of healthy aging, though. These changes can begin as early as our 20s, and they continue throughout the life span. The difference is that in patients at risk for developing dementia, the changes may be greater.

Balota adds that, "There also are aspects of cognition that improve across the adult life span, such as vocabulary and general knowledge."

Balota and Duchek, who both work with the Alzheimer's Disease Research Center, say they enjoy the interdisciplinary nature of aging research. "One of the most exciting aspects of our work is collaborating with investigators in different areas of study—genetics, neuroimaging, biomarkers, pathology—in order to better understand Alzheimer's disease," Balota says.

Duchek adds: "We really admire and enjoy the dedication and enthusiasm of our older study participants. They've led interesting lives and have wonderful stories to tell. We're always struck by how much we learn from them!"

ESTABLISHING OPEN FAMILIAL COMMUNICATIONS

Brian Carpenter, associate professor of psychology in Arts & Sciences, is interested in how well aging parents and

their adult children pay attention to one another. Children sometimes have to make difficult decisions with their parents later in life, yet Carpenter has discovered that most children have no better chance than a stranger of knowing what their parents really want.

In his Clinical Geropsychology Lab, Carpenter and his team of graduate students asked older adults their preferences regarding matters such as housing, hobbies, medical issues, and end-of-life care. They also asked children to guess what answers their parents gave. "We discovered that children don't know much about their parents," Carpenter says.

That's on average, of course; within

the larger study group, some specific children knew their parents quite well. "So our next question was, 'Who are the kids who know a lot, and who are the kids who don't know anything?'" Carpenter says. "Can we teach children to know their parents better?"

Carpenter began looking for common factors among the children who understood their parents well. He found that none of the usual stereotypes held: Daughters did not know their parents any better than sons; children who lived near their parents did not know them any better than those who lived far away. "The only thing that seemed to matter," Carpenter says, "was the depth of the emotional connection between parents and children." In other words, those who felt emotionally close to their parents also knew them better.

Carpenter has begun observing families in the lab, where he is asking them to solve problems and discuss hypothetical situations together. He hopes to better understand the ways in which parents and adult children interact, and eventually to develop educational materials and programs to help them make these interactions more effective, "so that families are not caught off guard when they suddenly have to get together and make difficult decisions."

Carpenter adds: "I think the default for many children is to think, 'What would I want?' instead of thinking 'What does she really want?' or 'What does he really want?'" Carpenter recommends that parents start talking to their adult children about their wishes early, before a

crisis arises, and that they keep talking over time. "People's preferences and ideas evolve and change," he says. "You can't know everything you need to know in one conversation."

Carpenter also works with dementia patients; he is researching the question of how patients react when given a dementia diagnosis, and, consequently, how best to give them such news. Some physicians still avoid telling patients they have dementia, Carpenter explains, in much the way that doctors often withheld cancer diagnoses a couple decades ago, out of fear that patients would become suicidal or depressed if they knew their true medical status.

Yet in his work with patients at the Alzheimer's Disease Research Center, Carpenter is finding this fear to be unfounded; it turns out there's no real increase in depression or anxiety after a dementia diagnosis. In some cases, anxiety may even decrease. "The patients already know something is up, that their brains aren't working the way they used to," Carpenter says. "Now they have

someone telling them they're not going crazy, that there really is something going on, and there's something they can do about it. That provides comfort for some people."

Carpenter is also developing modified psychotherapy techniques for dementia patients, so that they can better cope with anxiety and depression when they do occur. Some of these techniques are as simple as providing a written summary of therapy sessions to patients with memory problems, or replacing one long therapy session with a couple of shorter ones for patients with limited attention spans.

Like Storandt, Balota, and Duchek, Carpenter enjoys working with older adults. "Often all the important stuff gets written off as having happened when we're in our 20s, 30s, and 40s, but I think there are important ways that human beings can continue to grow and change," he says. "Later life is rich with opportunities for personal growth and meaning." 📖

Janni Simner, A.B. '89, is a freelance writer based in Tucson, Arizona.

Enhancing Mental Performance

Washington University researchers are exploring ways we can sharpen our memory and reasoning skills in later life.

Denise Head, assistant professor of psychology in Arts & Sciences, is looking at ways that physical fitness can enhance mental performance. She is comparing seniors' physical activity levels to how well they perform various cognitive tasks, as well as to the integrity of brain structures shown in scans of the seniors' brains.

Head is also examining how the brains of aging adults with and without dementia look different, and she hopes to learn more about possible biological markers for Alzheimer's disease.

Larry Jacoby, professor of psychology in Arts & Sciences, is studying the differences between old memories and new ones. New memories require control and conscious thought, while old ones rise to the surface automatically; for this reason, it is challenging to break old habits, such as smoking, and to establish new ones, such as sticking to a healthier diet. Jacoby's research suggests that aging takes a greater toll on controlled memories than on automatic ones—in other words, that it really is hard to teach an old dog new tricks. His work may one day help researchers develop techniques for rehabilitating memory when it does fail.

Jacoby's research also shows that seniors are more likely than younger adults to be misled by false memory cues and thus to form memories of things that never actually occurred, something that makes them vulnerable to scam artists. Jacoby says that seniors may want to be especially careful to get all estimates, receipts, and other agreements in writing, rather than to rely on memory alone.

Psychology Professor Mark McDaniel's research focuses on prospective memory, or the memory of intentions: the sort of memory that allows us to remember to show up at a doctor's appointment, or call a friend, or pick up a loaf of bread on the way home from work. Prospective memory requires some ability to control one's attention and focus, but even though attention declines with age, McDaniel's research suggests that not all forms of prospective memory decline with it.

Seniors perform prospective memory tasks particularly well if they have cues to trigger their memories, McDaniel says. These cues can be deliberate—leaving a note by the front door might remind someone to visit the grocery store, for instance; or they can already exist in the environment—walking by a telephone might remind someone to make a phone call. We rely on prospective memory cues throughout our lives, and McDaniel's research shows that we don't lose the ability to use such cues as we age.

Seniors do struggle with prospective memory tasks in the presence of distractions, however. "We advise older adults to do it or lose it," says McDaniel, who is the co-author of *Memory Fitness: A Guide for Successful Aging*. "As soon as you have an intention, get it done, because if you allow for even a short period of distraction and you're an older adult, chances are you're going to forget." If acting immediately isn't an option, McDaniel recommends creating memory cues instead.

Memory cues can help seniors access other sorts of memories as well. "If you're trying to remember your vacation and you're an older adult, look at your diary or your pictures," McDaniel advises. "The memories are in there. It's just a matter of trying to get them out."

SEEKING THE 'MIND'S THIEF'

Across the University, scientists dedicate themselves to discovering the intricacies of diseases that rob older adults of their mental capabilities. Great strides are being made, especially toward understanding the early stages of Alzheimer's.

BY CANDACE O'CONNOR

W

hat disease do you fear most? In 2006, that was the question posed by MetLife Foundation interviewers to more than 1,000 Americans over the age of 18.

In the survey, several life-threatening problems—diabetes, stroke, heart disease, and cancer—attracted votes. But the *most* frightening to adults 55 and older was Alzheimer's disease, often called the "mind's thief," since it cruelly steals language, memory, even personality before extinguishing life itself.

"The reality is that Alzheimer's disease is an epidemic," says John C. Morris, the Harvey A. and Dorismae Hacker Friedman Distinguished Professor of Neurology and professor of pathology and immunology and of physical therapy. With five million Americans affected, "our health-care system is already under stress, and as baby boomers age that could bankrupt the system."

For 25 years, Morris has worked at the heart of the University's groundbreaking efforts to combat this fearsome disease. He is director of its Alzheimer's Disease Research Center (ADRC), a

collaborative effort of some 200 University researchers that ranks at the top of the 32 such centers supported by the National Institute on Aging (NIA). He also heads the campus-wide Harvey A. Friedman Center for Aging, which promotes initiatives that help older adults remain healthy and active.

Within the ADRC, Morris' colleagues come from a rich mix of disciplines. Molecular biologists and geneticists are tracing the roots of Alzheimer's and investigating the causes of cell death within the brain, while neurologists are moving basic science toward the bedside by identifying biomarkers that predict the disease. Radiologists are using new imaging agents in brain-scanning projects to evaluate the risk or progress of Alzheimer's.

"What each of us does is scientifically quite different yet complementary," says Eugene M. Johnson, Jr., the Norman J. Stupp Professor of Neurology and professor of molecular biology and pharmacology. "Even though my work is very basic, I have always enjoyed working with the ADRC because it represents an integrated effort to understand this disease and, ultimately, to do something about it."



The Alzheimer's Disease Research Center includes some of the pre-eminent scientists working on Alzheimer's disease today. Morris, David M. Holtzman, and Alison M. Goate all have won the two major awards in Alzheimer's research—the MetLife Foundation Award for Medical Research and the Potamkin Prize from the American Academy of Neurology—a record unmatched by any other center. In 2006, three Alzheimer's researchers—Holtzman, Randall Bateman, and John Cirrito—were named to the *Scientific American* 50, a list of scientific “prime movers.” Some ADRC members have leadership positions within the field, including Morris and Johnson who have both served on the council of the NIA.

“Last week, I was visiting a leading researcher in California, and he said: ‘You have the best ADRC in the world,’” says Holtzman, the Andrew B. and Gretchen P. Jones Professor of Neurology and professor of molecular biology and pharmacology. “Lots of people think that. We have incredibly good physicians and scientists, and they all work together well; we also have had strong leadership. Altogether, it creates a great environment.”

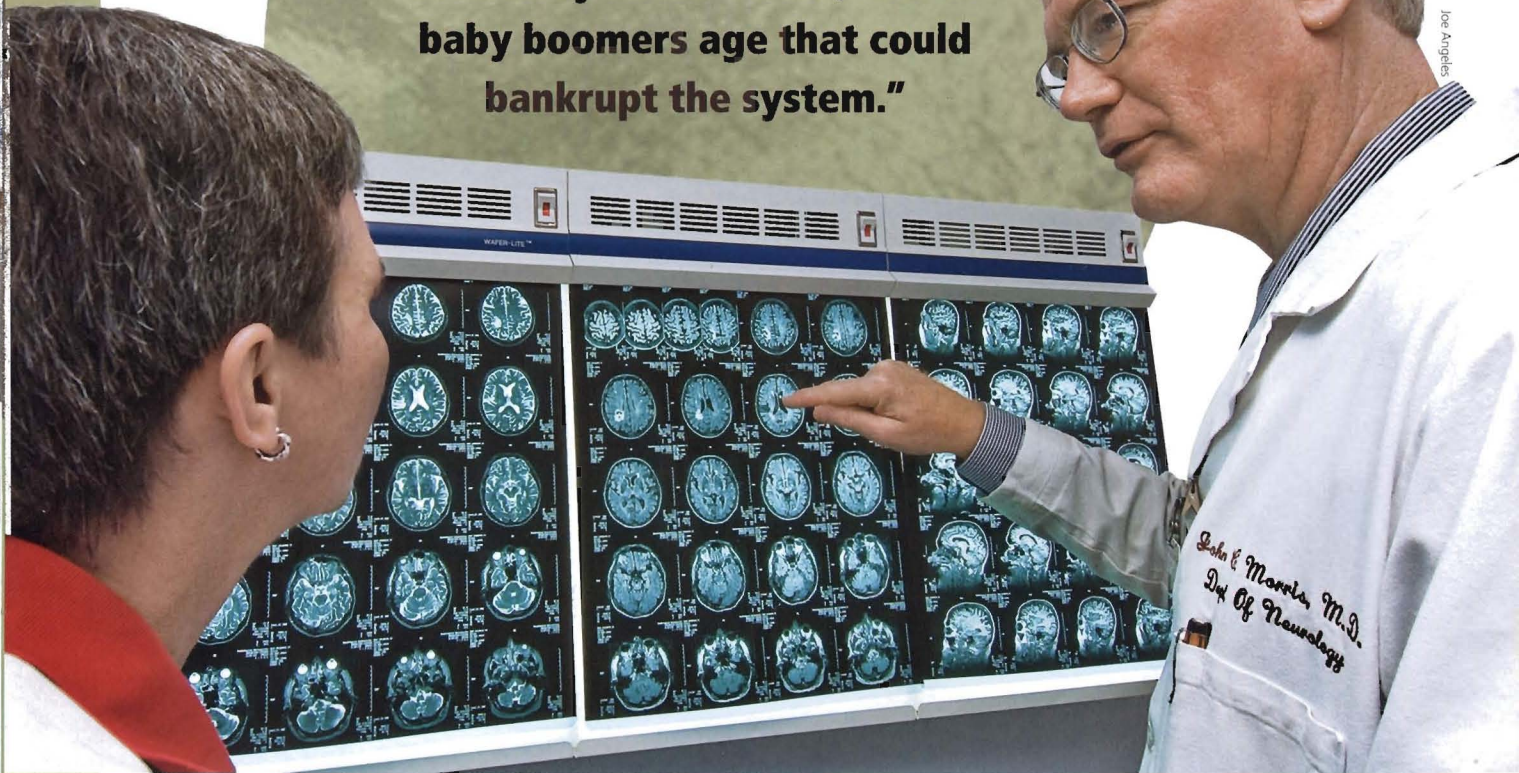
DEMENTIA RESEARCH SPANS FOUR DECADES

The ADRC owes its existence to Leonard Berg, A.B. '45, M.D. '49, a revered St. Louis clinician and later full-time neurology faculty member, who died in January 2007. In his own practice, he had seen patients with dementia and, convinced that it was not a normal part of aging, wondered about its cause. Though Alzheimer's disease had first been identified by German physician Alois Alzheimer in 1906, little was known about it.

“In the early 1970s, Leonard asked the neurology chair, Bill Landau, whether he could convene a multidisciplinary group—neurologists, psychiatrists, radiologists, statisticians—to discuss what they knew about dementia,” Morris says. “They met on Tuesdays for a brown-bag lunch and eventually decided there were few prospective studies of dementia. So they said: ‘Why don't we study it?’”

Berg became a kind of “Pied Piper” for dementia research. Recalls Johnson: “More than 20 years ago, Leonard went around the University identifying people who were doing science related to dementia and said, ‘Why don't you come work with us?’ He would also negotiate with department chairs who did the hiring and ask,

"The reality is that Alzheimer's disease is an epidemic," says Morris. "Our health-care system is already under stress, and as baby boomers age that could bankrupt the system."



John C. Morris (right), the Harvey A. and Dorismae Hacker Friedman Distinguished Professor of Neurology, director of the Alzheimer's Disease Research Center (ADRC), and director of the Friedman Center for Aging, examines a research subject's MRI brain scan with neurologist Joy Snider, an ADRC colleague. They are searching for any indicators of Alzheimer's disease.

'Can you help us by recruiting someone we need for our research?'"

Twice Berg and his colleagues submitted a grant application to the National Institutes of Health (NIH) but failed to get funding. Reviewers asked why they had not included experts on aging from the University's Department of Psychology, particularly distinguished faculty member Jack Botwinick and young researcher Martha Storandt. With their help, Berg re-submitted the application, and in 1979 he received a grant from the National Institute of Mental Health that evolved in 1984 into a program project grant called Healthy Aging and Senile Dementia (HASD). Funding for it has been renewed ever since.

So in 1979, they began studying senile dementia, particularly the mild, early stage of the disease, tracking changes that mark its onset. As part of that work, Berg and Charles Hughes, H.S. '71, developed

the Clinical Dementia Rating (CDR), now the standard worldwide system for evaluating and staging dementia; its latest version, with refinements by John Morris, was published in 1993.

They also evaluated study participants—some with mild dementia and others without—enrolling 117 people at first. By the time of Berg's death, they had followed more than 3,000 people over 30 years. "They called that clinical research arm the 'Memory and Aging Project,'" Morris says. "They didn't want a pejorative term such as dementia or Alzheimer's disease on the door—and that is still what we are called."

Morris joined the group in the early 1980s and helped persuade Berg that they should apply to become one of the 10 original ADRCs funded by the NIA. That application succeeded, and the University's ADRC's funding has been consistently renewed to this day. While it overlaps with the HASD program project grant,

most of the University's clinical research is done through the HASD and its basic research through the ADRC.

Berg, a visionary but also a great gentleman, brought camaraderie to the dealings of those 10 centers. "Through their stature, good will, sense of humor, congeniality, and respect for everyone, Leonard and a few other giants in the formative period of the centers set a tone for cooperation that continues to this day," Morris says.

Eventually, a major stroke ended Berg's tenure as head. Before his retirement in 1998, he had developed a careful succession plan in which Morris and Eugene Johnson took over as co-directors of the ADRC and Morris as principal investigator of the HASD grant. Upon Berg's retirement, Morris and the ADRC created the biennial Leonard Berg Symposium in his honor.

Not long before Berg suffered his stroke, Chancellor Mark Wrighton had asked Berg to establish a Center for Aging that would focus on aspects of aging beyond disease. This effort, which came to fruition in 2001 under Morris' leadership, was inspired, funded, and facilitated by St. Louis businessman Harvey Friedman who, with his wife Dorismae Hacker Friedman, A.B. '42, took a pioneering interest in academic programs on aging. In September 2007, the Center for Aging was re-named in Harvey Friedman's honor.

INVESTIGATING BRAIN CHANGES: JOHN MORRIS

Over the years, Morris has added many hats. Today, he is also head of the Aging and Dementia Section of the Department of Neurology and director of the Memory and Aging Project, and he leads a pioneering program project grant, The Adult Children Study. He is a respected researcher, with a focus on early-stage Alzheimer's disease.

"Some people are doing fine mentally but are developing brain changes that will eventually cause dementia," Morris says. "In The Adult Children Study, we are following healthy adults, 45 years and up, half of whom had parents with Alzheimer's. We're assessing when the earliest changes in memory and personality occur, and will evaluate genetic factors and changes in proteins suspected to be linked to Alzheimer's."

While the occurrence of the disease doubles every five years past 65, that still leaves many older adults with normal cognition. Morris has learned much about these people, some of whom serve as controls in the Alzheimer's studies. In his Center for Aging role, he has been interested in factors that allow them to remain productive and stay in their homes.

He and the ADRC also have participated in some 30 clinical trials of agents—vaccines, antibodies, secretase inhibitors—intended to prevent, arrest, and treat the disease. For example, in 1987, he led the ADRC in a multi-center trial that resulted in the first drug approved for Alzheimer's treatment.

Among the accomplishments he most values is a piece of Berg's legacy. "Following in Leonard's footsteps, I have tried to coalesce the extraordinarily talented people here and bring their multidisciplinary abilities together in productive collaboration," he says. "Washington University is known for interaction and collegiality. People turn to us first whenever they have new studies because we do it, we do it well, and we do it together."

BASIC MOLECULAR RESEARCH:

EUGENE JOHNSON

In his leadership role, Berg recruited Johnson, a basic scientist, to work with the ADRC. After Berg left the ADRC leadership, Johnson and Morris shared the role for a few years, then Johnson shifted into the associate director position. Some of his own research into the molecular mechanisms underlying neurodegenerative diseases—Alzheimer's, Parkinson's, Huntington's—has received ADRC support.

"If you are interested in neurodegenerative disease, Alzheimer's is the mother of them all in terms of the number of people affected and the impact it has—socially, economically, emotionally," Johnson says. "Clearly, from a public health point of view, it is the most devastating and costly neurodegenerative disease."

Although he has focused on broad developmental biology questions that apply to a number of diseases, two major aspects of his work may influence Alzheimer's research. One is his decades-long effort to elucidate the mechanisms by which neurons die during normal development, and how those mechanisms might be related to ways in which neurons die in neurodegenerative disease.

Another is his work, in collaboration with pathologist Jeffrey Milbrandt, on the biology of "neurotrophic" factors: molecules that help control whether neurons live or die. They have discovered three such factors and have tried to shed light on the physiology of these molecules and the mechanisms by which they work. "We have helped to demonstrate which cell types are responsive to these factors, and that will help to indicate in which diseases they might be useful," he says.

GENETIC ROOTS OF ALZHEIMER'S DISEASE:

ALISON GOATE

Alison M. Goate, the Samuel and Mae S. Ludwig Professor of Genetics in Psychiatry and professor of genetics and of neurology, is a pioneer in Alzheimer's research. In 1991, she won international renown for her discovery, published in the journal *Nature*, of a mutation in the beta-amyloid protein precursor gene on chromosome 21 that is linked to an inherited form of Alzheimer's disease. This mutated gene produces amyloid-beta, found in plaques deposited in the brains of Alzheimer's patients, and Goate's work has strengthened the hypothesis that amyloid-beta abnormalities are central to the development of the disease.

Since that breakthrough, she has identified mutations in four other genes—two that cause familial, early-onset Alzheimer's and two related to frontotemporal dementia—with patients recruited through the ADRC. She and her staff now have close ties to 10 to 15 early-onset families, who live with a grim certainty: 50 percent of their children will develop Alzheimer's before they are 60 years old.

Still, most cases of Alzheimer's are not inherited but "sporadic," and Goate is working to understand the risk

Professor David Holtzman, chair of the Department of Neurology, holds cerebrospinal fluid (CSF), which bathes the brain. Researchers in his lab use CSF to identify biomarkers that help aid in the diagnosis of, and in predicting outcomes in, Alzheimer's disease.



factors involved in this late-onset disease. In 2000, she and her group reported a possible linkage to chromosome 10, but further studies failed to identify a new gene. Now they are part of an NIA-sponsored consortium that will scour the genome for new risk genes.

"The long-term hope of genetics is that if you understand enough about the risk factors you can identify who is at highest risk and develop novel treatments based on the new understanding of the causes and risk factors for disease," says Goate, also associate director of the ADRC, "and when you have identified these people, you can offer them treatment."

BIOMARKERS: DAVID HOLTZMAN

What causes amyloid-beta protein to build up in the brain and lead to Alzheimer's disease? When David M. Holtzman came to the University in 1994, he began developing animal models to find out. Over the years, his research has shown one of the probable explanations: that the E4 form of apolipoprotein E (apoE) appears to accelerate the process by which amyloid-beta buildup occurs—making the inheritance of apoE4 the strongest genetic risk factor for the disease.

The apoE protein is not all bad; in fact, it normally shuttles cholesterol and lipids from cell to cell in the brain. But it influences late-onset Alzheimer's in that it appears to take on a more insidious function by carrying around amyloid-beta and allowing this protein to accumulate and damage brain cells.

"If we modify apoE in the brain—causing it to be at higher or lower levels or have more lipid or cholesterol linked with it—is that a way to potentially treat the disease?" asks Holtzman, who is also chairman of the Department of Neurology and associate director of the ADRC. "Recently, we have found that if you cause the apoE to be more associated with lipid, that this remarkably delays the buildup of amyloid."

As a graduate student in the Holtzman lab, John R. Cirrito, Ph.D. '04—now a postdoctoral research associate in neurology and psychiatry—developed a technique to aid this research. By placing a small probe in the brain of the mouse model of Alzheimer's, they could sample the level of amyloid-beta, hour by hour, day by day, and measure in real time the effect of the apoE manipulation.

The Holtzman group also has worked on a solution to the amyloid-beta buildup: the use of antibodies to clear it from the brain and the blood. A pharmaceutical company since has licensed this concept and is in Phase II trials of a commercial method to treat Alzheimer's patients; however, proof is still years away.

ADRC member and Holtzman collaborator Anne M. Fagan, research associate professor of neurology, is

focusing on biomarkers in the cerebrospinal fluid (CSF) and blood that indicate the disease is developing long before the patient has overt symptoms. Working with radiologist Mark Mintun, she has measured the amyloid-beta levels in the CSF, along with the levels of another molecule called "tau," and found that those levels are highly predictive of who will become demented. If they can catch the disease at this point, that opens the possibility of reversing damage to the brain before neurons dysfunction and die.

Next, Holtzman and his colleagues will explore further the synthesis and clearance rates of apoE and other proteins in mouse models. "In animals and humans," he says, "we are trying to understand protein metabolism in the brain, because we think that is what underlies Alzheimer's disease and will likely lead to new treatments."

AGE, THE BIGGEST RISK FACTOR: RANDALL BATEMAN

The greatest risk factor for Alzheimer's disease is not family history, head trauma, or education level. "Nothing comes close to the effect of age in the risk of Alzheimer's disease," says Randall Bateman, assistant professor of neurology. "So we want to answer the question: What is it about aging that creates this increased risk?"

With a Paul B. Beeson Career Development Award in Aging Research, Bateman and his lab are studying the effect that aging has on amyloid-beta production. They hypothesize that, as people get older, their bodies' ability to produce and clear away this protein undergoes a change, making them more at risk for its accumulation. Those who do not develop Alzheimer's likely have an enhanced ability to remove or clear away this protein.

"One analogy is a faucet with water pouring into the sink and a drain with water running out," he says. "We're actually measuring how fast the water is pouring in and how fast the sink is draining. We think there will be an imbalance in Alzheimer's disease: Either the faucet is putting out more amyloid-beta than the drain

"In animals and humans," Holtzman (left) says, "we are trying to understand protein metabolism in the brain, because we think that is what underlies Alzheimer's disease and will likely lead to new treatments."

(Lower left) Randall Bateman, assistant professor of neurology, meets with Elfriede Faulstich and her husband, Al Faulstich. Elfriede is a research participant in a study that directly measures the production and clearance rates of brain proteins. Bateman explains how the cerebrospinal fluid is collected through a small catheter.



Joe Angeles

can handle or the drain is getting clogged, causing the amyloid-beta to build up to toxic levels."


As yet, they don't know which is true. In an initial study of young adults, they demonstrated that the sink and drain were working much faster than expected, though scientists have long thought amyloid plaques are slow-growing. Now Bateman is also working on another aspect of this problem: testing amyloid-beta modulating agents as treatments for the disease itself.

EARLY DETECTION THROUGH IMAGING: MARK MINTUN

Since imaging is a key component of many brain studies, Mintun and his radiology colleagues often collaborate with other ADRC members on their Alzheimer's-related research. He and Goate are studying the brains of sibling pairs over 70 with a goal of pinpointing genetic markers for an increased risk of Alzheimer's disease.

With the help of the University's cyclotron facility, headed by radiochemist Robert H. Mach, Mintun and John Morris have undertaken a series of studies involving "PIB," an exciting new imaging agent that they use to identify amyloid plaques in adults with no outward signs of Alzheimer's disease. They inject the subject with PIB, labeled with a short-lived, radioactive tag; it circulates rapidly in the body and sticks firmly to the plaques, which are easy to see on PET scans.

"So far, a fairly large number of people—up to 30 percent—have no symptoms but do indeed have plaques," says Mintun, M.D. '81, professor of radiology, director of the Center for Clinical Imaging Research, and interim director of the Division of Radiological Sciences. "Thus, we believe we are seeing changes in the brain prior to any symptoms. We also are identifying regions of the brain, such as the precuneus, that seem to turn positive early in this process."

Once effective treatments are available, this knowledge may help such patients avoid cognitive symptoms. In fact, Mintun is optimistic that science will eventually deal this disease a fatal blow. "With the coming together of these new imaging techniques for the early detection of Alzheimer's, and the new treatments that are being tested," Mintun says, "my hope is that people of my generation won't have to face Alzheimer's disease." 

Candace O'Connor is a freelance writer based in St. Louis and author of the history book *Beginning a Great Work: Washington University in St. Louis, 1853–2003*.

MANAGING SUCCESSFUL AGING

Occupational therapists and geriatricians work together to help older adults maintain meaningful and highly functioning lives. Helping them stay in their own homes is at the top of the list.

BY KRISTIN TENNANT

Hearing loss, joint pain, memory issues, and a quest for meaning. The first three quickly come to mind when most people imagine the day-to-day lives of older adults. But the fourth—finding meaning—is at the heart of the matter for several Washington University researchers. Not only is living a meaningful life important in its own right, it is critically linked to physical well-being and mental health across the life span. Carolyn Baum, the Elias Michael Executive Director of the Program in Occupational Therapy, and a professor of occupational therapy and of neurology, is one of the researchers focusing on this overarching goal. “I want to make it possible for older adults to have meaningful lives,” Baum says. “We do that by helping people manage their health conditions and making sure they aren’t isolated from the things that are important to them.”

For many older adults, maintaining or generating significant connections in their daily lives hinges on what is called “aging in place”—being able to stay in their homes and communities as long as possible. While aging in place might seem like a greater burden on caregivers, Baum and her colleagues say that, when managed properly, everyone benefits. Older adults are happier, more alert, and more independent, which in turn takes some of the responsibility and stress off their caregivers.

In-Home Services, an innovative clinical program at the University’s Program in Occupational Therapy

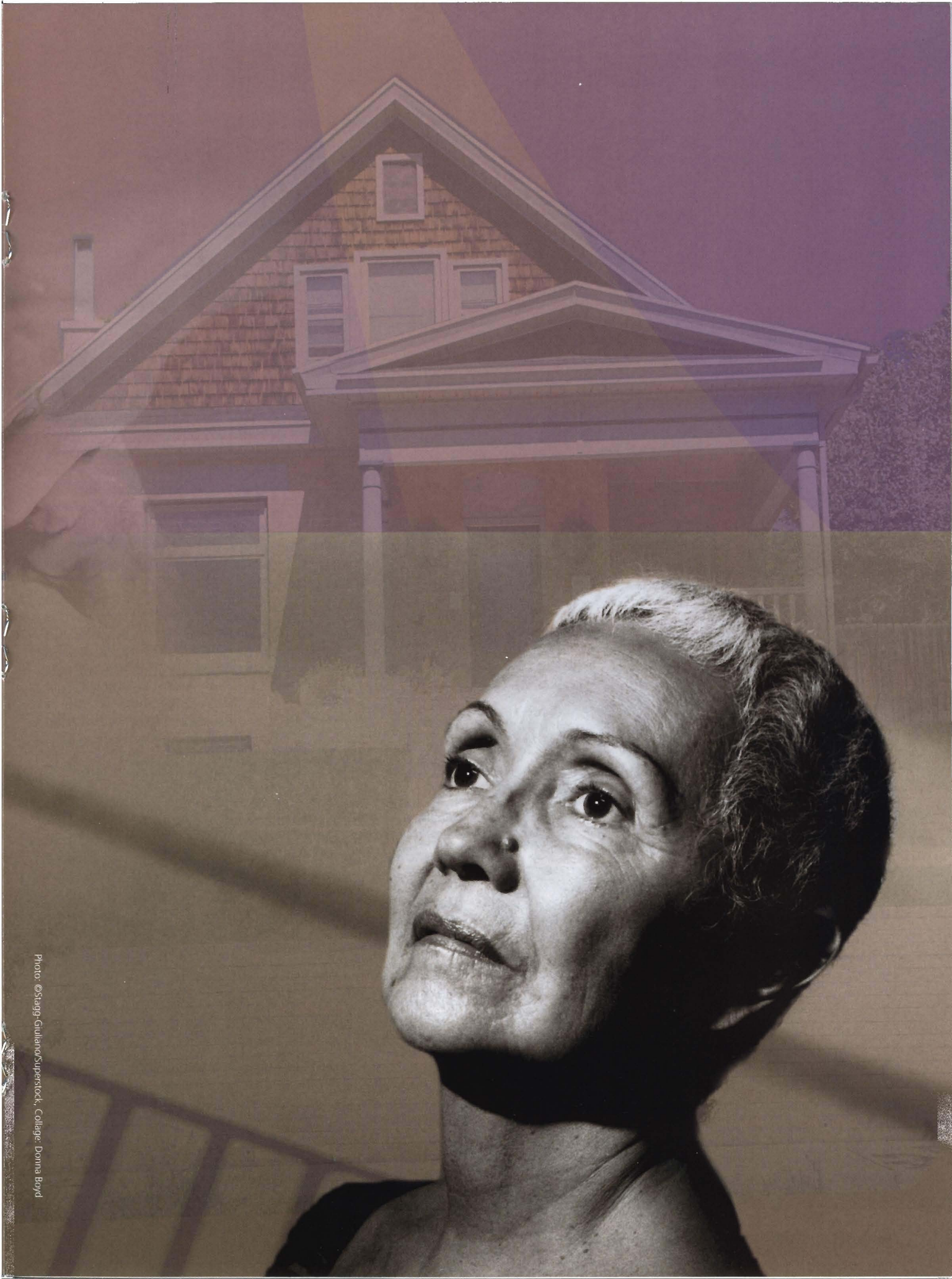
(OT), helps make aging in place a reality for more people. First, In-Home Services sends an occupational therapist into an older adult’s home to observe him or her in that environment, with the caregivers. A holistic assessment of capabilities is made, with the focus being on abilities, not disabilities. By assessing a person in his or her primary care environment—looking at intrinsic and extrinsic factors—the clinician is able to create a matrix to help caregivers accurately estimate an older loved one’s abilities. Once those abilities are recognized, education, training, and management strategies come into play.

Baum, whose work focuses primarily on older adults who are dealing with the effects of a stroke, low vision, and Parkinson’s disease, has found that even those with chronic health conditions—even so-called “disabilities”—can lead meaningful lives in their homes and communities.

“The question we’re always asking is: ‘How can we help older adults manage their own health and function, so they can do the things they want to do?’” Baum says.

The focus is on self-care and management, but Baum says caregivers play an important role, too.

“In my dissertation research I found that if people can keep their loved ones active, they need less help with self-care,” Baum, Ph.D. ’93, says. “My research shows that staying active also reduces some of the behaviors that can go along with neurological problems, and caregivers are usually more upset by those behaviors than they are by having to care for someone.”





Carolyn Baum (standing), director of the Program in Occupational Therapy, conducts an "Activity Card Sort," a measure to determine Jean Angeles' and Tony Angeles' engagement in activities. With this instrument, Baum can determine the impact of a health condition on participation in activities. Baum's research focuses on enabling older adults with disabilities and chronic health conditions to maintain their home, family, and community activities.

THE KEY TO REMAINING ACTIVE

Encouraging activity in older adults does not always mean sending them to an exercise class or making them walk around the block each day, Baum says. The activity should be cognitive as well as physical and something that easily fits into a daily routine.

"It's often just about finding out what the individual has done over and over again for years, then figuring out how they can continue to do some of these activities that are meaningful and driven by procedural memory," she says.

Baum tells the story of a man who was a plumber his whole life. Every morning he got out his plumber's belt, put it over the back of the kitchen chair, ate his breakfast, then picked up his tools and went to work. When Alzheimer's began to set in, the quality of the man's plumbing work remained high, but he had trouble keeping track of appointments and billing, so they hired an apprentice

to work with him. When the man eventually could no longer do the work at a professional level, his wife decided it was time to put away the plumber's belt for good.

"He began acting out and being combative, and his behaviors suddenly became much worse," Baum says.

Soon after the plumbing tools were packed away, the man and his wife came into the Memory and Aging Project for a scheduled visit. After hearing their story, Baum and her colleagues suggested building a plumbing workshop in the man's garage, so he could continue a daily routine revolving around the tasks that had defined him for so many years.

"It's a great example of how we can build

routines that help older people maintain dignity and stay connected to what's important to them," Baum says. "They need these opportunities to define themselves, so we need to help caregivers problem-solve."

Not only are activities like these good for restoring and maintaining physical health, they are good for an older adult's mind and will, too, which can delay a move to a nursing home.

"That's a huge cost benefit and a quality-of-life issue," Baum says.

Geriatricians work closely with occupational therapists and other health professionals to help older adults age "successfully." Ideally, Baum says, geriatricians are "the captains steering the ship" of an older adult's care plan. David Carr, associate professor of medicine and neurology and a clinician in the University's Memory Diagnostic Center, coordinates such interdisciplinary care teams. Carr says "successful aging" has three important pieces:

[Associate Professor David] Carr says "successful aging" has three important pieces: avoiding disease and disability, maintaining high physical and cognitive function, and engaging in life.

avoiding disease and disability, maintaining high physical and cognitive function, and engaging in life.

"As doctors, we're not just focusing on the medical model," Carr says. "Often there are social interventions, the patients may need cognitive stimulation, or the psychological aspect, such as the presence of a depression, may require attention. The caregivers may have needs that should be addressed, too. You can't just prescribe medicine to solve these complex issues."

Carr focuses on providing a diagnosis whenever possible, followed by education about the diagnosis, and a plan for managing the symptoms and behavior. Often this management plan involves Carr steering his patients and their caregivers toward available resources and programs—activities, support groups, transportation, and other services in the community. Referrals to other professionals, such as occupational therapists, social workers, and case managers, also are critical in managing successful aging or dealing with a disability.

STAYING IN THE HOUSE

Susan Stark and Peggy Neufeld, both assistant professors of occupational therapy, are exactly the type of professionals to whom Carr likes to refer. Stark focuses on the home environments of older adults who do not want to move but who may need some modifications to make that possible; Neufeld picks up where Stark leaves off, making sure those who are "aging in place" get out of their homes periodically, where they can be socially and civically engaged.

Not surprisingly, an overwhelming majority of older adults want to stay in their homes as long as possible, according to an AARP survey. But many older people, along with their adult children and caregivers, worry that the home is not the safest place. As a result, many people move into assisted living before it is necessary.

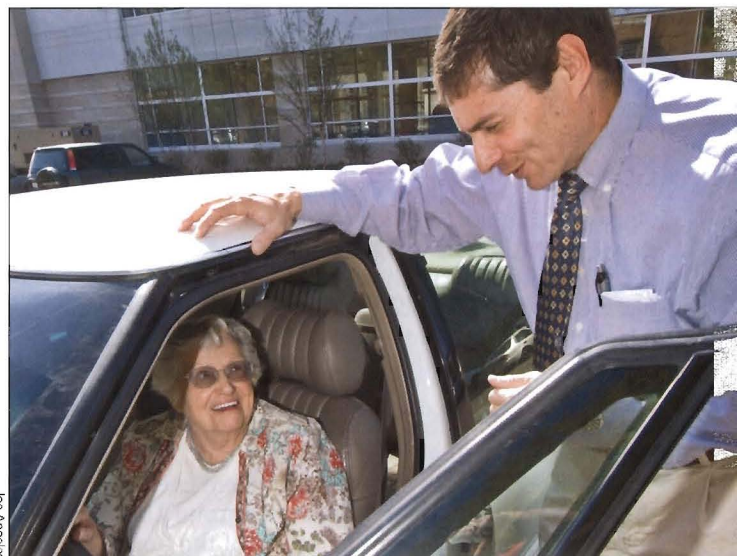
Making home modifications is the first step toward helping someone age in place, Stark says. Stark is the principal investigator in the Program in Occupational Therapy's

Environment and Occupational Performance Laboratory at the School of Medicine, where she conducts studies of how environmental modifications affect the lives of older adults and people with disabilities.

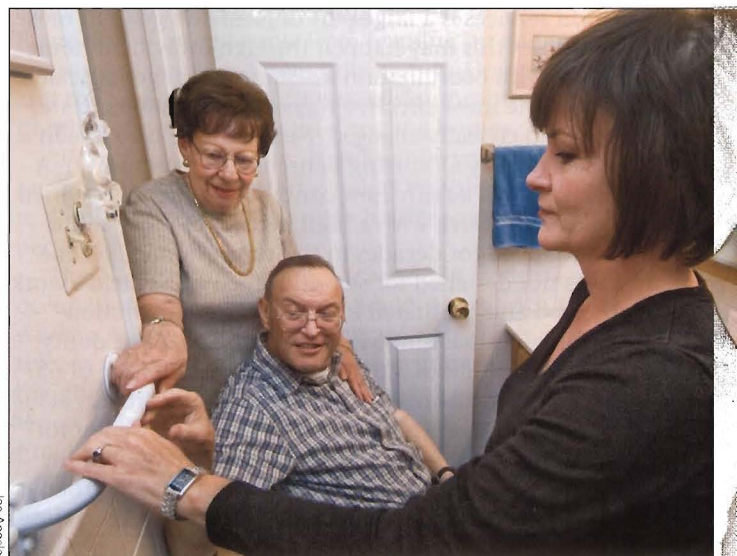
"We can modify homes, so they will be safe and usable for older adults," says Stark, M.S.O.T. '89. "Research suggests that people who get modifications so they can stay in their homes might live longer, and be happier."

It makes good economic sense, too. The average cost of a home modification is \$660, Stark says, which is small compared to the cost of in-home caretakers or a move to assisted living. Most modifications are simple: a grab bar in the bathtub, new sink faucets that are easy to turn on and off, or laundry facilities on the main floor.

"You can't always reverse the symptoms and syndromes older adults are facing, but you can alter their environment," Stark says. "If you can't fix the knees, fix the bathtub. Once people are able to get up and get cleaned, dressed, and out of the house, they're automatically going to be more engaged in their community."

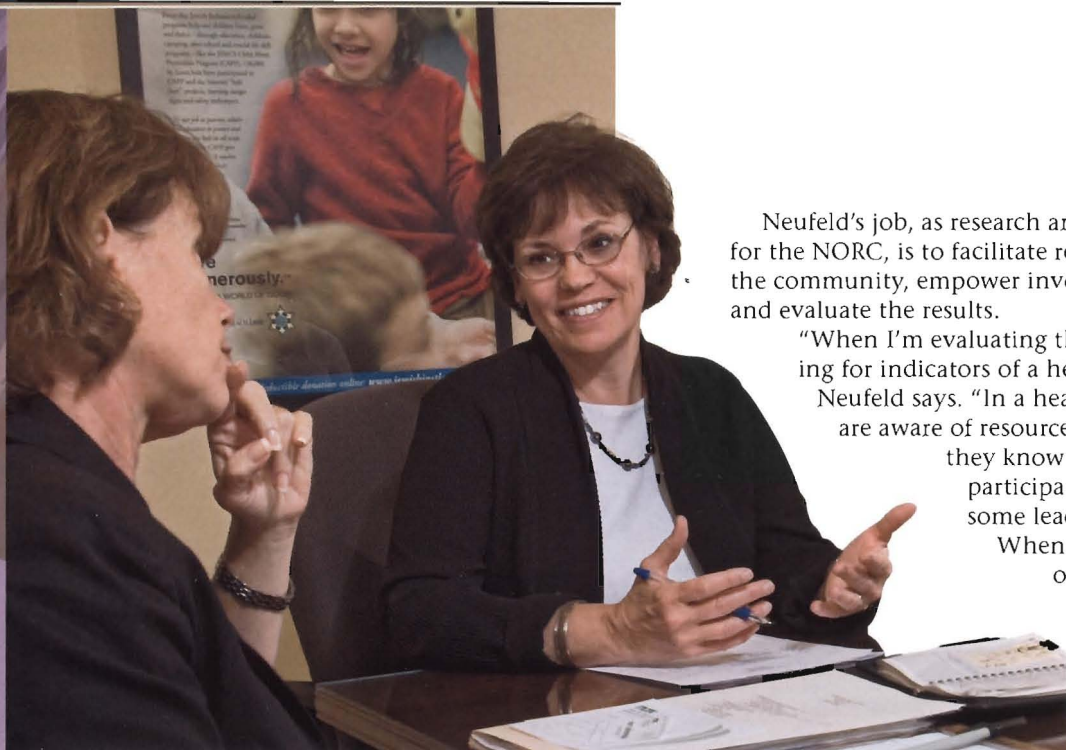


Joe Angellis



Joe Angellis

(Top right) Geriatrician David Carr researches older adults and driving (see pg. 32); here, he interviews Eva Adele. At the Memory Diagnostic Center, Carr also works closely with occupational therapists and other health professionals helping older adults "successfully age." (Right) Occupational therapist Susan Stark (right) conducts studies of how environmental modifications affect the lives of older adults and people with disabilities. Ronald Fenster (center) and his wife, Marjorie, received modifications to enable Ronald to stay home.



Peggy Neufeld (right), Ph.D. '02, assistant professor of occupational therapy, and Karen Berry-Elbert, M.S.W. '77, are among the team members who meet regularly to assess and plan for a Naturally Occurring Retirement Community (NORC) in West St. Louis County. Neufeld is the Center for Aging's research and community liaison to the NORC, conducting resident evaluations, and Berry-Elbert is NORC manager. Research shows that older adults stay socially and civically engaged when living in a NORC with opportunities for meaningful community involvement.

Joe Angeles

Neufeld's job, as research and community liaison for the NORC, is to facilitate residents' engagement with the community, empower involvement and leadership, and evaluate the results.

"When I'm evaluating the NORC, I am looking for indicators of a healthy community,"

Neufeld says. "In a healthy community, people are aware of resources available to them, and they know their neighbors, and they participate in activities and assume some leadership."

When the community is healthy, older adults can age in place rather than move to an assisted-living facility. People in the neighborhood check in on each other and help elderly residents with tasks they cannot do on their own. In the St. Louis NORC, activities like "chair yoga," a storytelling group, a computer club, and resident councils

motivate people to get out of their homes, as do bus trips to museums or the garden. A NORC newsletter keeps everyone in touch with each other and notifies residents of planned events and available services—it even serves as a tool for keeping adult children and other family members informed, regardless of where they live.

CHANGING MINDSETS AND THE SYSTEM

If the benefits of aging in place and being socially active are so clear—not only for the well-being of older adults themselves, but also for their caregivers, and from an economic standpoint—why are so many people still going into institutionalized care facilities? University researchers point to several issues that may hinder successful aging.

One of the problems is a lack of funding, which is embedded in the insurance system. Medicare, for instance, will pay for an assistant to go into the home to help someone bathe and get out of the tub, but it will not pay for a bath bench and a grab bar, which allows many older people to bathe independently. Susan Stark says these insurance policies do not currently reimburse for home modifications because there is not hard evidence to support the health benefits—a problem Stark and her colleagues are working to change through their research.

A lack of awareness and education is another issue, Stark says—one that plays directly into why so many people simply accept their limitations as they age. Stark is working to educate clinicians and build clinical models to assure that more people will be better informed about available home modifications.

"So many older adults feel as if their limitations are inevitable, so they give up on their activities, whether they're social or tasks around the house," Stark says.

GETTING OUT OF THE HOUSE

Once older adults are safe getting around *in* their homes, they often need encouragement or assistance in getting *out*. From her work in the community, Peggy Neufeld has seen much evidence that "social health" is closely related to physical and emotional health. Sufficient research and evaluation to back up these theories, however, is lacking, she says.

"It's becoming clear that social and cognitive stimulation are key to being a healthy older adult," Neufeld says. "People don't get out of their homes and exercise because their doctor told them to; they move around because there are other things they want to do out of the house."

Linking older adults to organizations, activities, and transportation services is a large part of Neufeld's goal. In most communities this may happen through individual home visits and with coordination assistance from geriatricians.

One of the most effective ways for older adults to stay socially and civically engaged, Neufeld says, is to live in a NORC (Naturally Occurring Retirement Community). A NORC, which is a fairly new concept, is generally defined as a geographic area with a high density of older adults who have lived for decades in their own homes, yet the area was not designed for seniors. Much of Neufeld's work is observed and facilitated in a NORC Demonstration Project in a 3-square-mile area of West St. Louis County, where there are about 3,050 residents over the age of 65. Following an initial needs assessment by researchers at Washington University's Harvey A. Friedman Center for Aging, a staff team from partner agencies translated the study recommendations to programs and services, thanks to a grant from the U.S. Administration on Aging to the Jewish Federation of St. Louis.

'Frailty' Poses Difficulties

In the minds of most people, "frailty" is a decline of muscle strength that is simply a natural part of aging.

Now multifaceted research projects focus on frailty—what causes it, how to prevent and treat it, and what the link is between physical frailty and cognitive health.

Geriatricians at the University, led by Danforth Professor Samuel Klein, chief of the geriatrics and nutritional science division, are teaming up on research focusing on preventing, slowing, and even reversing frailty in older adults. They address frailty through research initiatives, including the effects of calorie restriction, obesity, bone and muscle strength, diabetes, and cognitive function on aging.

"Our research efforts overlap, so there is good interaction between faculty," Klein says.

The Community Outreach Program at the medical school ties the research together, and works on preventing and treating physical dysfunction among underserved populations in the St. Louis community. The program (funded in part by the Barnes-Jewish Hospital Foundation and the David A. and Linda S. Yawitz Community Outreach Fund) also ties the work of University geriatricians to schools of nursing, social work, occupational therapy, and pharmacy.

Frailty results in a loss of independence and often leads to nursing home placement, Klein says. Geriatricians think of frailty as an impairment of function and decrease of physiological reserve that limits a person's ability to perform daily tasks (such as bathing or climbing stairs). Much of the division's research looks at frailty through the lens of nutrition and diet. While most think of frail older adults as underweight, he says a growing problem is frailty caused by obesity in older adults.

"An important question that we are studying is why obesity causes so many chronic diseases that further contribute to physical dysfunction and frailty in older adults," Klein says. "The importance of nutrition in health is underappreciated. Unfortunately, obesity is a major health problem that will likely increase, unless lifestyle changes are made."

Ellen Binder, associate professor in geriatrics and nutritional science, addresses frailty by looking for better

ways to prevent and treat injuries such as hip fractures in older adults. Her research has shown that increasing the intensity of exercise in older adults, and the intensity of therapy after an injury like a hip fracture, increases the benefits.

"Getting people up and walking is one thing, but it's only going to help so much," Binder, M.D. '81, says. "Weight training proves very effective for older, frail adults, as does more intense, acute rehabilitation."

Binder also studies the effects of testosterone in enhancing the rehabilitation process, particularly after a hip fracture. Twenty-five percent of hip fracture patients die within a year, she says, usually because the fracture is just the tip of a whole iceberg of health issues.

"But on the other hand, 75 percent of these patients live, and I want to help them be as independent as possible," Binder says.

Stanley Birge and Consuelo Wilkins, associate and assistant professors, respectively, in geriatrics and nutritional science, have learned that many physically frail older adults also have a cognitive impairment. Through their research, Birge and Wilkins hope to find out why, then to pinpoint preventative strategies and treatments.

"We think frailty, to a large extent, is due to brain aging, or cerebral vascular disease," Birge, M.D. '63, says. "The brain can't process sensory information fast enough, which affects physical functioning."

When processing is slowed, explains Wilkins, so are the movements that are required in walking, balance, and preventing falls. The good news in this connection, she says, is that much is known about treating vascular disease, which could in turn, slow or even reverse frailty in older adults.

Vitamin D is one treatment about which Birge and Wilkins are hopeful. They are at the forefront of studies concerning vitamin D, and the findings are very new. More than 1,000 older adults have been screened through the Community Outreach Program.

"Our preliminary data has shown we've been able to reverse some of the effects of aging through vitamin D. We've seen improvements in balance, cognitive function, and muscle strength," Birge says.

"They can't imagine a way to solve their problem, whatever it is, and they often don't report it because they're afraid they'll be told that they have to leave their home."

Mindsets about aging can be negatively impacted by even the best-intentioned people and concepts. Neufeld says even common terminologies, like the word "caregiving" itself, can do damage.

"The word 'caregiving' can be unfortunate, because it may set up a dependency model," Neufeld says. "There's this sense that all old people are frail and needy, and a burden on their families and communities. But these people really value their independence. When they're a part of a healthy community, like a NORC, they aren't just the ones who 'take' and 'need.' They give back, too."


Carolyn Baum and her OT colleagues Stark, Neufeld, Kathy Knipmann, Shirley Behr, Monica Perlmutter, and others are working to change mindsets and approaches by teaching their ability-focused, aging-in-place methods to the University's OT students. They also have built a measurement model that demonstrates the capacity of a person to engage in activities, tasks, and roles.

COLLABORATION AT THE CORE

Collaboration is a critical component of successful aging. Baum says if more people were teaming up and using the approaches being promoted through In-Home Services and the St. Louis NORC, it would significantly reduce the number of people going into nursing homes.

"I'm a firm believer in interdisciplinary efforts," Baum says. "They're at the heart of what Washington University is about, but you have to work harder to make them happen in the community."

The NORC project team, for example, consists of occupational therapists like Neufeld, along with social workers and geriatricians. From a geriatrician's perspective, as Carr points out, having a strong team that works together is absolutely necessary, seeing as how the four tenets of geriatric assessment—medical, psychological, functional, and social well-being—are so diverse.

"Being holistic and interdisciplinary is critical if we want to improve the quality of older people's lives," Baum says. 

Kristin Tennant is a freelance writer based in Urbana, Illinois.

TRANSFORMING

Later Life

BY JUDY H. WATTS

De-emphasizing disease and disability, professors across disciplines study and discuss ways that older adults can lead healthy, fulfilled, and civically engaged lives regardless of age.



While physiologist John Holloszy tests a way of eating that promises to stretch the human life span, gerontologist Dennis Villareal is discovering how people over 65 who may only *look* hearty can get strong enough to stride robustly through their years. At the same time, social work Professor Nancy Morrow-Howell is documenting older adults' enormous capacity and will to serve society—and the mighty benefits volunteers accrue along the way. Her social work colleague Amanda Moore McBride is leading a new campus-wide institute that will help older adults of all ages play a lasting role in civic life.

For the sake of both individuals and society, analysis and innovation are imperative—and must translate into action soon. According to the U.S. Census Bureau, more than 36 million people were 65 and over in 2005. In 2050, the total will rise to 86.7 million. The first of an estimated 78.2 million postwar baby boomers born between 1946 and 1964 already have reached their 60s—the vanguard of an army of high achievers, overall, who pride themselves on being savvy, smart, and independent.

Later life promises to remain meaningful for this vast group of 43- through 61-year-olds—and others well into their 70s, 80s, or beyond—who are healthier (and with advances in research, getting more so) and better educated than any generation before them. Crushing social problems—poverty, disease, prejudice, intolerance and misinformation, illiteracy, terrorism, and the deteriorating environment and diminishing biodiversity—demand their attention.

Writing in the winter 2007–2008 issue of *Generations*, the Journal of the American Society on Aging, Morrow-Howell, who is the Ralph and Muriel Pumphrey Professor of Social Work, speaks of the need to transform later life in society. Bold minds throughout the Washington University community are on task—through interdisciplinary units such as the Harvey A. Friedman Center for Aging and the Gephardt Institute for Public Service and with hundreds of important research and education grants. Following are examples of ways gifted, caring researchers on both campuses are working to help older adults become healthier, more fulfilled—and, perhaps, a new hope for society.

REINVENTING RETIREMENT: EVERYBODY WINS

Despite all evidence to the contrary, society clings to the stereotype that aged adults are debilitated, depressed, or demented—or hastening toward such infirmity. Similarly, retirement is widely considered an era of leisure—a time to step down, sit down, and lean back, since few opportunities for productive involvement exist anyway. The fact is, “80 percent of older people are fit and functional,” Morrow-Howell writes in the winter issue of *Generations*, which she co-edited. Moreover, older adults want to be involved in meaningful roles, her research shows, and such activity is related to life satisfaction, health, and emotional well-being.

Although Morrow-Howell’s research and teaching over the past decade have centered on productive engagement for all older people and on their capacity, she emphasizes that activities with monetary worth (for example, volunteer service, working, and caregiving) are not the only valuable activities; artistic, relational, and religious pursuits are also important. However, “our research focuses on activities with an economic return because we argue that society cannot afford for



Joe Angeles

Chia-Ling Chou (left), a WUSTL student in the Health Administration Program, and Michelle Engblom (right), a Saint Louis University doctoral student in counseling and family therapy, are in social work Professor Nancy Morrow-Howell's Theories and Issues in Aging class. In her research, Morrow-Howell focuses on older adults and civic engagement.

people to retire for 30 years without being productively engaged in important work that is needed!" Morrow-Howell believes that the *civic engagement* of the older population will be critical to our older society.

New research she presented at the Gerontological Society of America meeting in November 2006 documented the multiple benefits of volunteering. When organizations studied gave older adults aged 52 to 90 roles that were important to the public, nearly 40 percent reported that their lives had improved because of the experience. Conflicts with family time were infrequent, and the volunteers felt meaningfully involved. Reactions were consistent across demographic categories.

Morrow-Howell also heads a Washington University evaluation team assessing a 20-city civic engagement program called Experience Corps (EC), in which older volunteers mentor students struggling to read and work with their teachers in inner-city schools. Morrow-Howell and her colleagues will determine whether reading abilities, classroom behavior, and academic skills became better, and whether EC volunteers' physical health and functioning, emotional health, engagement, and personal identity improved. Preliminary findings are positive.

Staying Self-Sufficient Is Key

Until late in their lives, many fortunate adults take the accoutrements of well-being for granted. Their home is their habitat, mirroring their individuality. Inside, the Internet and printed publications often rival TV as sources of information and entertainment. Outside, automobiles are key to freedom and self-sufficiency. But as people age, living design, reading formats, and driving guidelines must change. Below are insights and new findings from three researchers who share their expertise in these areas at the Friedman Center for Aging.

The evolving home "So much can be done at home to make life easier as people age," says Gyo Obata, B.Arch. '45, founding partner of Hellmuth, Obata & Kassabaum, and member of the Center for Aging's community advisory board. Intergenerational housing tops his wish list, to ensure that older people are not set apart (or aside). Interiors should reflect principles of universal, inclusive design and serve every age and physical condition. Floors should be on one level, and large doors, wide hallways, kitchens equipped with low cabinets and countertops, and bathrooms with high toilets and grips conserve independence. (And chair lifts by stairs and residential elevators preserve mobility if there is more than one level.)

Information design for all ages "Older people are among the most intensive users of written and visual information," says Ken Botnick, associate professor of visual communications and member of the Center for Aging's executive committee. "Books are the ultimate multimedia tool. One can go forward and back, read and reread, and mark pages. But every aspect—the paper; the typeface design, size, and contrast; the length of lines on a page and the spacing in between—has to be considered in terms of how the changing eye adapts."

The Web also becomes challenging as people age. "Much of what you see is simply bad book design copied into a

completely unsuitable medium," says Botnick, "plus boxes pop up, text jumps around, and ads are jammed onto pages. The more distractions, the less information older users retain."

Miss Daisy is driving—but how well? "When physicians tell older adults they can no longer drive safely, it's devastating," says geriatrician David Carr (also see pp. 26–27). "What can we do to keep such people socially connected? This question isn't asked enough by physicians and other health professionals involved in geriatric care. Yet, working with people to maintain mobility—what I call mobility counseling—can be as important to health and well-being as prescribing a needed medication."

Carr and colleagues, a multidisciplinary team of professionals from institutions across St. Louis, hope to change this state of affairs. They have received five research grants in the past two years related to older adults and their automobiles.

Carr is collaborating with civil engineering Professor Gudmundur Ulfarsson on creating a traffic safety pamphlet for older adults that was funded through the Missouri Department of Transportation (see modot.mo.gov or call 1-800-800-2358). Carr also has been a co-investigator with Thomas Meuser, director of gerontology at the University of Missouri–St. Louis, on the AAA Foundation–sponsored project examining a 1998 Missouri law that provides a confidential mechanism for physicians and others to report drivers as unfit to a state driver licensing office. Early findings suggest that the law, which mandates an assessment by a physician, appears to be de-licensing drivers no longer safe due to various conditions of aging. A grant from MoDOT sponsored the creation of an aging and driving curriculum for law enforcement that is now being rolled out statewide through the Missouri State Highway Patrol.

Recent funding allows Carr to research driving fitness in stroke and dementia patients. If you have concerns, consider a referral to the new driving clinic, opening January 28, 2008, at The Rehabilitation Institute of St. Louis (314-658-3800).

"Calorie restriction is not all-or-none," Holloszy emphasizes. "Even more moderate degrees of restriction would have effects that are similar to what we expect in the study, though less marked."

A delegate to the 2005 White House Conference on Aging, Morrow-Howell noted in her report a general agreement among those assembled that service opportunities must be part of institutions' very fabric and that businesses and corporations must do a great deal more. (Like the majority of delegates, however, she is strongly committed to Social Security, Medicare, Medicaid, affordable and quality long-term care, and transportation in a time of shrinking public budgets. And she does not want to strengthen "a movement away from the concerns of low-income or function-impaired older adults.")

Calls for willing and able adults of all ages to help solve society's alarming dilemmas increasingly will be sounded through the University's Gephardt Institute for Public Service. Established with a sizable gift from former U.S. Congressman Richard A. Gephardt to attract both younger and older citizens to public service, the institute is directed by Amanda Moore McBride, M.S.W. '95, Ph.D. '03, assistant professor of social work. In addition to other initiatives, it has launched an international service pilot project for older adult volunteers with CHF International.

"We promote service across the life span," McBride says, "by inculcating an ethic of service through academically based service initiatives. We offer students and alumni opportunities to become engaged citizens. In particular, retiring baby boomers expect to apply their skills and expertise. We are developing ways to involve older adults in civic learning and service for sustained impact through the University and its nonprofit partners."

Possible projects at the institute include an educational series about civic life, a service-based alumni travel program, and intergenerational service projects.

INDEPENDENCE DAYS: TOWARD LONGER, STRONGER LIVES

Living well remains the best revenge, but the definitions are changing fast. Living well today in large part means living healthfully—and in ways still being discovered—to combat "secondary aging" resulting from physical disease, disuse, or abuse. As for living long, most ideas about actually extending the maximum human life span have been the stuff of fantasy and sham. Slowing "primary aging," the inevitable, gradual (yet too-rapid) process of visible and invisible physical deterioration throughout life, has eluded medical science.

Now John Holloszy, M.D. '57, professor of medicine, is leading a three-site, five-year clinical study for the National Institute on Aging on the effects of severe calorie restriction on human beings. Twenty years ago Holloszy and colleagues found that such restriction in laboratory animals protected them against cancer and slowed the aging process. "It's the only treatment that does. The oldest food-restricted animals are 20 to 40 percent older than the oldest freely eating animals," Holloszy says.

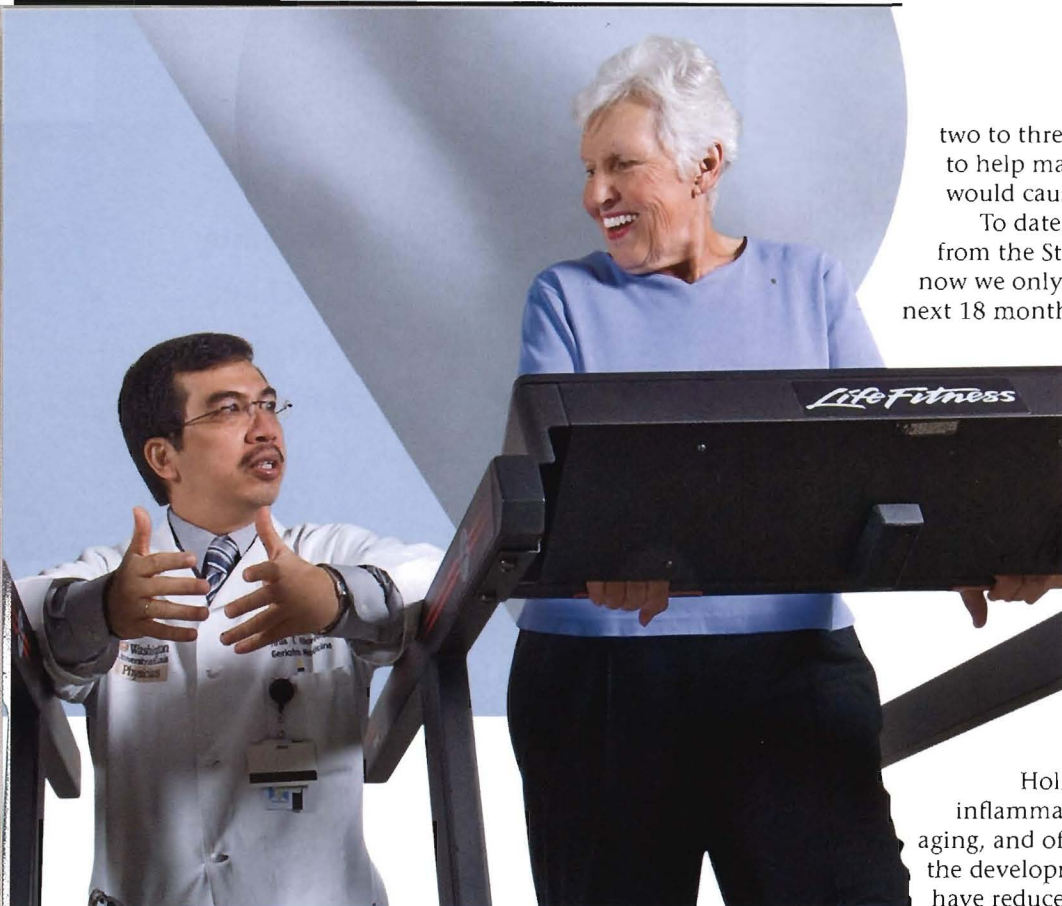
His new study, CALERIE (Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy), aims

to determine whether people of normal weight on a nutritious but severely calorie-restricted diet develop the same adaptive responses that laboratory animals do. "That would tell us whether human beings' aging is slowed and if they acquire marked protection against disease."

Of course, sticking to a diet for more than six months—particularly the CALERIE regimen, which mandates 25 percent fewer calories than usual for two years—is inconceivable to many Americans. For this reason, Holloszy's team tailors each ultra-low-cal diet to individual preferences, banning only empty calories. Participants must be between 25 and 45 years old, lean to slightly overweight, and free of diabetes, cancer, heart and liver disease, and AIDS. Fifteen to 30 minutes of weight training



Pioneering exercise physiologist and gerontologist John Holloszy (foreground) is now leading a three-site, five-year study on the benefits of calorie restriction and aging. Charlie Lambert (center), research assistant professor, is helping with the study. Michael Decker (on treadmill) is among the study participants.



Associate Professor Dennis Villareal (left) talks with Peggy Dangos, a participant in his one-year "Weight Loss and Exercise in Physically Limited Older Adults" study. Dangos and others in a randomized group significantly improved their physical function by diet-induced weight loss and regular, three-times-a-week exercise.

two to three times a week is recommended to help maintain muscle mass; doing more would cause excessive weight loss.

To date, only 18 of the 80 people needed from the St. Louis area have enrolled. "So now we only have to get another 62 over the next 18 months or so," Holloszy says with his

gentle laugh, adding when asked:

"We're way ahead of the other sites!" But he isn't worried.

"We're only seven months into the study. And I can almost guarantee that people who stay with the program will have huge decreases in cholesterol and increases in high-density lipoproteins (HDL), or healthy cholesterol—meaning they'll be at markedly less risk for heart disease. I can also guarantee a huge drop in blood pressure."

Based on an earlier pilot study, Holloszy also predicts low levels of inflammation, a marker associated with aging, and of certain growth factors involved in the development of cancer. Participants also will have reduced oxidative stress, or free-radical damage to their cells.

Holloszy theorizes that such calorie restriction probably could be safely started under medical supervision until about the age of 60. "Everybody is different, but after 65, muscle and cell loss accelerates, and calorie intake naturally decreases anyway."

OASIS—Opportunities for Learning and Service

When older people are bored, disengaged, and useless, their health often suffers, and they can become burdens to their families and society," says Marylen Mann, A.B. '57 (philosophy), M.A. '59 (education), and chair of the Friedman Center for Aging's community advisory board. "And what a loss!"

OASIS members are just the opposite. Mann founded the nonprofit organization, whose board she chairs, nearly a quarter century ago; today, 360,000 members in 26 cities nationwide are enrolled in challenging arts, humanities, wellness, and technology programs—and serving their communities in meaningful ways. Nearly 14,000 children have learned to read through OASIS' Intergenerational Tutoring Program, for example. With support from the National Institute on Aging, Stephen Lefrak, professor of medicine, leads another OASIS program, "Vital Visionaries." Now in 10 cities, it helps

To mark its 25th anniversary, OASIS held a national conference on active aging in October 2007 in St. Louis. From right: Marylen Mann, OASIS chairman of the board and founder; Linda Nunes-Schrag, Hyattsville, Maryland; Sue DeRosa, Escondido, California; and Bill Browning, Houston, all OASIS members, serve on a panel during the conference.

medical students understand the elderly at a time when too few physicians are choosing to specialize in geriatrics. The George Warren Brown School of Social Work will conduct the project evaluation. (Over the years, researchers throughout the University have led major studies involving OASIS programs.) In tribute to OASIS, U.S. Assistant Secretary for Aging Josefina G. Carbonell gave the keynote address at OASIS' recent 25th anniversary conference in St. Louis. (Visit www.oasisnet.org.)



Learning for a Lifetime

More than 40 classes as varied as What's New in Economics, and Writing for Your Children's Children (just two of those filled in advance for the fall 2007 session) are on the menu at the Lifelong Learning Institute (LLI). Henrietta Freedman, A.B. '75 (psychology), who serves on the community advisory board of the Center for Aging and the Arts & Sciences National Council, established the LLI in the early '90s for those 55 and older. Administered through University College in Arts & Sciences, LLI is a thriving hub of reading across disciplines, spirited discussion, and enormous enjoyment. Fans renew their LLI memberships year after year to take part in the not-for-credit peer-learning groups. (For more information, visit: <http://ucollege.wustl.edu/lifelong.html>, or call 314-935-4237.)



Co-moderator Jerry Kottler (left) talks with (center, from left) Eleanor Collinger, Francis Brownstein, and Connie King in the Lifelong Learning Institute's course *Reading The New Yorker*. Karen Sterbenz (background) is also co-moderator.

Successful study results would leverage benefits on many fronts. Calorie-restriction mimetics research (to find a pill that delivers the same benefits) is already under way in pharmaceutical and biotech companies and would accelerate. Publicity about the study would bolster a public campaign to help people lose weight. "Calorie restriction is not all-or-none," Holloszy emphasizes. "Even more moderate degrees of restriction would have effects that are similar to what we expect in the study, though less marked."

Holloszy's pioneering earlier work demonstrated the enormous physical benefits of regular physical exercise for adults of all ages—even well into their 90s. He found striking improvement in frail older adults' exercise capacity and ability to perform the activities of daily living—both help keep them out of nursing homes. He was the first to show that exercise training lowers blood lipid levels, improves heart function in middle-aged men, and increases glucose uptake in muscles—a landmark finding for diabetes treatment. His research lab also proved that exercise protects against secondary aging: diabetes, high blood pressure, obesity, coronary artery disease, osteoporosis, and loss of muscle mass and strength.


"But I'm convinced now that calorie restriction has much greater health benefits than exercise—greater protective benefits and very likely an extended life span," he says. "On the other hand, exercise makes one stronger and provides more endurance; certainly calorie restriction does not have that effect." He adds that people on calorie restriction are very lean, so significantly less demand is placed on their muscles to carry them around. (Anyone interested in participating in the CALERIE study, please e-mail calerie@im.wustl.edu. For additional information, visit <http://calerie.dcri.duke.edu>.)

In contrast, new work led by Dennis Villareal, associate professor of medicine, targets secondary aging. Villareal is leading the first study of obesity and frailty in adults over 65. In the elderly, a body-mass index of 30 or more contributes to frailty, an impaired ability to perform the normal daily activities essential to living independently.

"Obesity in later life contradicts the popular misconception that frailty equals muscle wasting or thinness," Villareal says. "It is of particular concern because obesity and aging are additive: They interact to maximize the decline of physical function." Aging brings an increased risk of arthritis, joint dysfunction, inflexibility, and weakness because of lost muscle mass—just at the time when obese older people need more muscle to move excess body weight around.

Unlike most other causes of frailty, obesity-induced frailty can be banished with weight loss and exercise. In his intervention study, Villareal hypothesizes that physical function will improve with both weight loss without exercise and vice versa—and that the two combined will have the greatest effect of all and result in less of the muscle and bone-mass loss that accompanies weight reduction at any age. Villareal also is studying the mechanisms by which exercise counters the negative effects of caloric restriction on muscle and bone.

Villareal says that while most people in the general population regain lost weight after a time, older adults in his study are highly motivated and maintain their loss longer. "Most are retired without other distractions," he explains. "They love the social interaction and meet on their own afterward. It's a very wonderful experience for us, and we try to show the world that it's never too late to lose weight." The older adults studied so far have experienced a dramatic improvement in physical function and have tolerated weight loss extremely well.

"Recruitment is still going on," Villareal says. "Anyone interested in participating in a cost-free year of medically supervised weight loss and/or exercise, with free evaluations and testing is encouraged to call Michael Decker, research patient coordinator, at 314-747-4113." Eligible participants include those who are 65 years and older, more than 40 pounds overweight, and without diabetes. 

Judy H. Watts is a freelance writer based in Santa Barbara, California, and a former editor of the magazine.



Shaping the University's Future

During a 24-year career at Washington University, Herbert F. Hitzeman, Jr. became the chief architect of advancement programs in fundraising, alumni relations, and public relations that dramatically raised the University's national and international profile. Jane Reuter Hitzeman became an award-winning teacher whose career spanned three decades.

The Hitzemans' shared life journey began when they met in 1950 as students at the School of Fine Arts. Washington University has been a central part of their lives for almost 60 years.

Jane and Herb believe their education prepared them for the future by combining the fine arts with the liberal arts. The University has a strong commitment to educating art students, as stated in the Undergraduate Bulletin of 1906: "...the study of art is on a broader plane than may at first be supposed. The mind, as well as the eye and hand, must be trained, and the broader the general education of the student, the more probable becomes his or her success in later years."

Transforming the University

Herb graduated with a B.F.A. in 1953 and went to work in the merchandising department of Anheuser-Busch, where he designed innovative product displays that won a Sylvania Award for Showmanship in Advertising. He joined the family contracting business in 1956, but 10 years later he returned to Washington University to work on the "Seventy by 'Seventy" campaign. Its goal was to raise \$70 million by 1970.

"The University had never mounted a fundraising effort of this magnitude," Herb says. "They were having limited success, because until that time little had been done to build strong relationships with the alumni and the public." He was put in charge of raising funds for the medical school and the dental school and was so

successful that Chancellor Thomas H. Eliot appointed Herb director of the Seventy by 'Seventy campaign in 1968.

In 1969 the campaign met its \$70 million goal a year ahead of schedule, and Herb was named director of development for the University. A year later he was elevated to associate vice chancellor in charge of all alumni and development programs, and in 1973 he launched a \$120 million campaign that was completed two years ahead of schedule. In 1975 he was named vice chancellor for university relations by Chancellor William H. Danforth.

Recognizing the importance of building mutually beneficial relationships between the University and its alumni, parents, and other constituents, Herb spearheaded a variety of initiatives, including a network of alumni chapters,



Joe Angeles

Jane Reuter Hitzeman, B.F.A. '66, M.A. '72, and
Herbert F. Hitzeman, Jr., B.F.A. '53

When Herb retired in 1990, Chancellor Danforth said, "The role Herb Hitzeman has played during the past 24 years in shaping the future and the national image of Washington University is immeasurable. ..."

the Parents Council, the Alumni Board of Governors, the Commission on the Future of Washington University, and the National Council advisory system. In 1983 Herb, then senior vice chancellor, launched the ALLIANCE FOR WASHINGTON UNIVERSITY campaign, which raised \$630.5 million—more than twice its original goal and a record for an American university at that time.

When Herb retired in 1990, Chancellor Danforth said, "The role Herb Hitzeman has played during the past 24 years in shaping the future and the national image of Washington University is immeasurable. Without Herb, Washington University would be a lesser institution." The University named the Herbert F. Hitzeman, Jr. Residence Hall in his honor.

Herb's legacy includes \$1 billion raised and one of the nation's most successful and respected development programs. It is a measure of his achievement that his responsibilities were divided between two successors—David T. Blasingame for Alumni and Development Programs and M. Fredric Volkmann for University Relations and Public Affairs. Blasingame says, "Herb was a great mentor and helped prepare me for what I'm doing today. Working first with Tom Eliot and later with Bill Danforth, Herb marshaled the financial and volunteer resources that began the transformation of Washington University. He also laid the foundation for our modern-day Alumni and Development Programs."

Herb received a Distinguished Alumni Award at Founders Day in 1991. In 1995 the William Greenleaf Eliot Society presented him with the "Search" Award, its highest honor. In 2005 the University established the Herbert F. Hitzeman, Jr. Leadership Award, presented annually to a resident of the HIGE Residential College.

Training the Eye, Mind, and Hand

Jane Hitzeman worked tirelessly with Herb to help build relations with alumni and friends in all schools at the University. In addition, she taught kindergarten and art to grades one through six while completing her B.F.A. In 1966 she joined the Parkway School District, where she taught art in the elementary and secondary schools. She received an Exceptional Teacher Award each year

and later was appointed art supervisor for the district. There, she developed innovative methods for teaching art based on the five basic elements of design—line, shape, color, texture, and form—the essential language for all art instruction.

Jane earned a master's degree in education at Washington University in 1972 and began teaching there in the Graduate Institute of Education. She enjoyed helping students discover that "teaching art is a creative process that enables them to become more aware of their surroundings and to express themselves in their own way." She also began conducting workshops and seminars for many community organizations and developed a K-3 curriculum for the Saint Louis Art Museum's education department.


Jane retired from teaching in 1985 but continues producing art. She has worked extensively in ceramics, sculpture, and fabrics, designing and making her clothes. More recently she has been working with paper, both as a two-dimensional and three-dimensional medium. Jeff Pike, dean of the College and Graduate School of Art, says, "Many of these pieces are quite experimental and, I think, embody Jane's artistic ability and sense of humor. She has produced literally thousands of such works. Her productivity is an inspiration to us all."

The artistic disposition seems to be genetic. Jane and Herb's son, John, is a nationally recognized model maker. His company, American Model Builders, Inc., creates scale models and prototypes for national corporations and other clients and produces products for the hobby industry.

A Lasting Legacy

The Hitzemans have been active in the community and continue to give back to their alma mater. In 2006 they made a gift commitment to establish and endow the Jane Reuter Hitzeman and Herbert F. Hitzeman, Jr. Professorship for the Dean of the College and Graduate School of Art. The Hitzemans also sponsor the Jane Reuter Hitzeman Scholarship in Art as Fellows of the Eliot Society.

In February 2007, at the installation of Dean Pike as the first Hitzeman Professor, Chancellor Mark S. Wrighton said of Jane and Herb, "Their strong support and dedication to the University throughout the years have touched every person here. Their commitment to our teaching and research mission will have an impact for generations to come."

The Hitzemans are grateful for their education. They believe that an understanding of art helps one to see that there are no boundaries—no limits to what can be achieved in any endeavor.  —Susan Wooleyhan Caine



TRAVEL PROGRAM Brings Learning, Adventure Together

Washington University's Travel Program offers an array of exciting travel experiences for alumni and friends each year. Selected by the Alumni Association Travel Committee, these trips provide unique learning opportunities in some of the most fascinating and culturally rich locations around the globe. Washington University faculty lead several of the tours, lending their expertise.

Alumni, parents, and University friends are welcome to participate, and invite their friends as well. For more information or to request a brochure on the 2008 Travel Program, contact the Alumni Association Travel Program Office at 314-935-5212 or 866-WUTRIPS, or send an e-mail to alumni.travel@wustl.edu. Visit the Alumni Association Web site at alumni.wustl.edu for the latest information. Don't miss the opportunity to broaden your horizons by learning through the Travel Program.

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January 31–February 7

Peru, featuring
Machu Picchu

February 1–16

Expedition to **Antarctica**

February 3–11

Island Life in **Tahiti and French Polynesia**

February 22–March 6

Treasures of **Southern Africa**
Travel Study Leader:

John Hoal

Sold out!

March 28–April 6

Galapagos

April 15–26

Spain: Barcelona and
San Sebastian

May 5–16

France: Normandy and
Brittany

May 23–June 6

Highlights of **China, Tibet,
and the Yangzi River**

Travel Study Leader:

Beata Grant

June 8–10

Italy's Magnificent
Lake District

Travel Study Leader:

Rebecca Messbarger

June 20–July 3

The Romance of the
Blue Danube

July 2–15

Ukraine on the Dnieper River

July 5–16

The Baltic's Amber Coast

Travel Study Leader:

Peter MacKeith

July 6–14

Chianti in a **Tuscan Villa**

July 13–23

The Great Journey
Through **Europe**

August 12–22

The Black Sea Aboard the
All-Suite *Corinthian II*

August 15–26

Celtic Lands

August 19–29

Kenya Migration

September 19–30

Italy: Sorrento and Orvieto

September 29–October 9

Greece

October 10–20

Egypt: Gift of the Nile



Courtesy Photo

Join the Travel Program's journey to the "Celtic Lands" August 15-26.

Travel Study Leaders 2008



BEATA GRANT
Professor of Chinese Language and Literature

■ Grant teaches Chinese literature, religion, and culture and is the author of numerous books and articles. She leads "Highlights of China, Tibet, and the Yangzi River."



PETER MACKEITH
Associate Dean of the Sam Fox School of Design & Visual Arts, Associate Professor of Architecture

■ MacKeith is an expert on Finnish and Nordic architecture in the United States and Europe. He leads the "Baltic's Amber Coast."



JOHN HOAL
Associate Professor of Architecture & Urban Design

■ Hoal has practiced architecture, urban design, and community-based planning in the United States and South Africa. He leads "Treasures of Southern Africa."



REBECCA MESSBARGER
Associate Professor of Romance Languages

■ Messbarger's major research interests center on Italian Enlightenment literature and culture. She leads "Italy's Magnificent Lake District."

Alumni, Friends Celebrate Founders Day 2007

On November 3, 2007, alumni and University supporters observed the founding of Washington University. The annual Founders Day dinner, held at America's Center, celebrated the University's tradition of academic excellence and research since 1853. The guest speakers were Mary Matalin, celebrated conservative voice and presidential advisor, and James Carville, media personality and political icon. The Alumni Association recognized several alumni, faculty, and friends for their accomplishments.

ROBERT S. BROOKINGS AWARD

Mrs. Seymour Brown, B.S. '36

John, M.B.A. '62, and **Ellen Wallace**

DISTINGUISHED ALUMNI AWARDS

Nathan O. Hatch, M.A. '72, Ph.D. '74
President, Wake Forest University

Charlotte D. Jacobs, M.D. '72

Drs. Ben and A. Jess Shenson Professor of Medicine, Stanford University School of Medicine

Steven F. Leer, M.B.A. '77
Chairman and CEO, Arch Coal, Inc.

William B. Pollard III, A.B. '70
Partner, Kornstein Veisz Wexler & Pollard, LLP

Philip D. Shelton, J.D. '72
President (retired), Law School Admission Council

J.J. Stupp, M.B.A. '83
Chief Financial Officer, Exegy, Inc.

DISTINGUISHED FACULTY AWARDS

Lewis R. Chase
Professor of Medicine, School of Medicine

Steven Fazzari
Professor of Economics, Arts & Sciences

Jackson Nickerson
Frahm Family Professor of Organization and Strategy, Olin Business School

James V. Wertsch
Marshall S. Snow Professor in Arts & Sciences and Director, McDonnell International Scholars Academy

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May 15-18, 2008

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Classes of 1943, '48, '53, '58, '63, '68, '73, '78, '83, and '88 will renew old friendships during their Reunions for undergraduate alumni of Architecture, Art, Arts & Sciences, Business, and Engineering.



We want to hear about recent promotions, honors, appointments, travels, marriages (please report marriages after the fact), and births, so we can keep your classmates informed about important changes in your lives.

Entries may take up to three issues after submission to appear in the Magazine; they are published in the order in which they are received.

Please send news to:

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FA Art	HA Health Care Admin.	SI Sever Institute
GA Grad. Architecture	HS House Staff	SU Sever Inst. Undergrad.
GB Grad. Business	LA Arts & Sciences	SW Social Work
GD Grad. Dentistry	LW Law	TI Tech. & Info. Mgmt.
GF Grad. Art	MD Medicine	UC University College

50_s

Cynthia Kagan Frohlichstein, UC 50, is the author of *The Perils of the Peanut Butter Kid*. The children's book celebrates her 32-year survival after breast cancer surgery. A donation from every book sold will go to The Wellness Community to benefit other cancer patients. E-mail: perilsofpeanutbk@aol.com

Samuel Guyer, DE 52, received the 2005 Frankel Outstanding Alumnus Award from Xi Psi Phi International Dental Fraternity.

Patricia G. Silversmith, LA 52, has three grandchildren attending Washington University: Alex Silversmith, Jennifer Klein, and Lara Silversmith.

Patricia "Pat" Rothrock Sustental, FA 56, had a 30-year retrospective of her artwork exhibited at the Marian Craine Gallery on Cape Cod. The show included children's book illustrations, Cape Cod scenes, painted furniture, and paintings done in Florence, Italy, while she attended the School of Art's summer program.

Wayne F. Schlosser, FA 58, received the Rotary International Four Avenues of Service Award for his more than 20 years of dedicated and distinguished service. The "Avenues" refer to the four elements of the Object of Rotary: club service, vocational service, community service, and international service. He also received his fifth Rotary International Public Relations Award for creating and coordinating a successful community service grant project.

60_s

Eugene "Gene" Markowski, FA 60, participated in a five-man exhibition of painting and sculpture, titled *Washington's Five Best-Known Artists*, at the Prada Art Gallery in Georgetown, Washington, D.C. An exhibition of Markowski's black-and-white photographs, titled *Saints and Sinners*, is scheduled to open April 5, 2008, at the District Fine Arts gallery in Washington, D.C. As an associate staff member at the International Center for Art Intelligence in Culver City, Calif., he completed all research and analysis required for the authentication of a Correggio painting, *The Mystical Marriage of Saint Catherine*. The painting was part of the Borghese Collection in Rome at one point in history, and it is now being purchased by the museum.

Margery "Margie" (Shaw) Stoll, LA 63, won four gold medals in the 65–69 age division of the National Senior Games held in July in Louisville, Ky. She came in first in the 5K and 10K road races and in the 800 meters and 1500 meters track events. Her time in the 1500 meters was a new National Senior Games record.

Judith (Klein) Burns, FA 64, retired from Cornell University's Office of Publications and Marketing, where she worked as a designer. E-mail: jkb2@cornell.edu

Shirley Cleary, FA 64, and **Eldridge Hardie**, FA 64, are featured in *The Fine Art of Angling: Ten Modern Masters*, a book that showcases the works of the

most important living artists in American sporting art.

Josh Grossman, MD 65, taught Advanced Cardiac Life Support in June 2007.

David D. Long, DE 65, is provost and chief operating officer of Northwood University in Midland, Mich.

John B. "Jack" Biggs, Jr., LA 66, GB 71, was elected vice chairman of Midwest BankCentre, Inc. in St. Louis.

Charles W. Jirauch, EN 66, was named in the June 2007 issue of *Southwest Super Lawyers* magazine as one of the top 5 percent of attorneys in Arizona and New Mexico in intellectual property law.

Sheldon H. Roodman, LW 66, received the Lifetime Achievement Award from the Legal Assistance Foundation of Metropolitan Chicago after serving as its executive director for the past 30 years. In honor of his retirement, the organization is also establishing a Sheldon H. Roodman Law Student Fellowship. Roodman also received the Ralph A. Gabric Award from CARPALS and recognition from the national Legal Services Corporation for his leadership and services. In addition, Roodman received one of the Eighth Annual Supreme Court Justice Paul Stevens Awards presented by the Chicago Bar Association.

Richard N. Chapman, LA 67, is provost at Francis Marion University in Florence, S.C. The principal academic arena of the school has been named Chapman Auditorium after him.

Charles B. Ortner, LA 67, recently has been named by *The Hollywood Reporter* as a "Power Lawyer" in the music and motion picture industries. Ortner is a partner in the New York office of the international law firm Proskauer Rose LLP, and he also serves as the National Academy Counsel for The Recording Academy (better known as the Grammy Award organization). He is named as a leading entertainment industry lawyer in *Best Lawyers in America*, *Chambers USA*, *Lawdragon 3000*, and *New York Super Lawyers*. Ortner is also a member of the executive committee and the board of trustees of the Multiple Myeloma Research Foundation and Consortium, and is the president of the Kanye West Foundation, whose mission is to use music education to help lower school dropout rates in urban areas.

Robert J. Matlock, BU 68, formed the law firm of Woods, May & Matlock, PC in McKinney, Texas. The firm's practice is limited to marital litigation, collaborative family law, and mediation.

Harry I. Ringermacher, EN 68, GR 77, GR 80, is the 2007 recipient of the Copper Black Award, given annually by the Mensa Education & Research Foundation for exceptional creativity and problem-solving. This is Ringermacher's second time winning the Copper Black Award. He is the only person in history to have won it twice.

Harvey M. Tettlebaum, GR 68, LW 68, is listed in the 2006–2007 edition of *The Best Lawyers in America* in the area of health-care law. He works at Husch & Eppenger, LLC in Jefferson City, Mo., and is chair of their Health Law Practice Group. He recently received the Equal Justice Award from Legal Services of Eastern Missouri for providing civil legal services to the low-income community.

Ward Katz, LW 69, is president of the Jewish Federation of Greater Kansas City.

Maury B. Poscover, LW 69, has been appointed a member of the American Bar Association's Standing Committee for the Federal Judiciary.

70_s

Gary H. Feder, LA 70, LW 74, GL 80, is listed in the 2006–2007 edition of *The Best Lawyers in America* in the areas of eminent domain and condemnation law, land use and zoning law, and real estate law. He works at Husch & Eppenger, LLC in St. Louis.

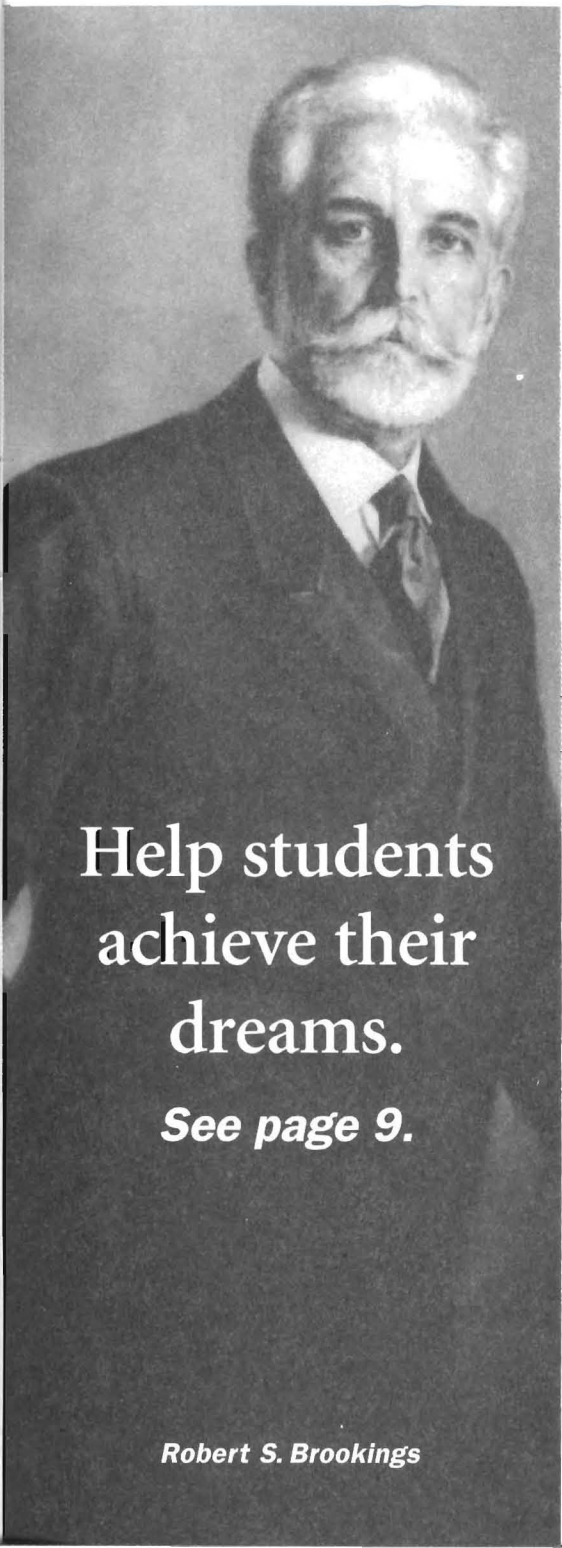
William David Lytle, LA 70, LW 73, is president of the Colorado Bar Association. He is also a managing member of Altman, Keilbach, Lytle, Parlapiano & Ware, PC in Pueblo, Colo.

Ronald T. Barnes, BU 71, is president of Midwest BankCentre, Inc. in St. Louis.

Joe Madison, LA 71, is an activist radio talk-show host known as "The Black Eagle." He is on air weekdays from 6 a.m. to 10 a.m. on WOL-AM 1450 in Washington, D.C. His show is also available at www.WOLAM.com and on XM channel 169. He is being awarded the "Biff" Carter Community Service Award from the Washington, D.C., chapter of the Kappa Alpha Psi Fraternity. Madison has a particular passion for justice in the Sudan.

Judy Pfaff, FA 71, was featured on the PBS series *Art:21—Art in the Twenty-First Century*. She synthesizes sculpture, painting, and architecture in her installation art.

Sanford V. Teplitzky, LA 71, is included in *Expert Guides to the Leading U.S. Lawyers—Best of the Best USA 2007*. According to the publisher, Teplitzky received



Help students
achieve their
dreams.

See page 9.

Robert S. Brookings

Help students
achieve their
dreams.

See page 9.



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more nominations than any other health lawyer. He is chair of Ober/Kaler's Health Law Group in Baltimore.

William J. Brencick, LA 72, finished a three-year assignment as the U.S. political coordinator for the U.N. Security Council. He now works in Washington, D.C., as the director of programs for civilian security and rule of law in Iraq.

Barbara (Guzofsky) Goodman, FA 72, has a Web site, www.barbaragoodman.net, that features her watercolor paintings.

Jan Newman, LA 72, published a book, titled *Chance Meetings that Tied the Knot*, that was awarded a bronze medal in the relationship category of the 11th Annual Independent Publisher National and Regional Book Awards. Jan and her husband, **Bob Newman**, LA 70, reside in the San Francisco Bay Area.

Mary L. Sanders, LA 72, is a primary partner for the Indiana Center for Families in Transition (ICFIT) in Indianapolis. ICFIT works with courts and communities to provide a range of services including parenting coordination, child transition groups, parent training, court testimony, visitation and custody evaluations, and mediation for families.

Claudia Schaefer, GR73, GR 79, received a Goergen Award for Contributions to Undergraduate Education in the College of Arts, Sciences, and Engineering at the University of Rochester. Schaefer is professor of Spanish and chair of the Department of Modern Languages and Cultures at the University of Rochester.

Nancy (Karp) Warshawsky, LA 74, is working within the New Hope-Solebury, Pa., school system in a before- and after-school program. She has two children in the school system: one in middle school and one in high school.

Stephen Yablon, LA 75, is the principal and founder of Stephen Yablon Architect (SYA), an architecture firm based in New York City. SYA recently completed work in Sullivan's Island, S.C., where an existing beach house was transformed into a light-filled, contemporary residence with dramatic ocean views and expansive living spaces. New additions and gut renovations included high-end finishes and furniture throughout, and a custom-designed, 66-foot pool and spa. To view SYA's work, visit www.syarch.com.

Steven A. Gordon, GR 76, celebrated his 11th year as owner of The Gordon Gallery in Yountville, Calif., in Napa Valley, which exclusively features his paintings based primarily on the surrounding landscape and images from his travels.

His Web site, TheGordonGallery.com, includes his latest paintings and prints as well as past work.

Terry J. Martin, UC 76, SW 77, is the Pacific Regional alcohol and program specialist for the U.S. Army at Fort Shafter, Hawaii. He also has a private practice specializing in post-traumatic stress disorder and traumatic brain injuries.

Andrew "Andy" Miofsky, LA 76, LW 79, joined with leading debtor attorneys across the country as an owner and founder of www.BankruptcyLawNetwork.com, an Internet-based Web blog offering free bankruptcy and consumer law information to the public.

Larry Moore, LW 76, was identified by Harvard University's Department of History as a black leader in America and was the subject of an on-campus interview for a study of Black American leaders. He had an article published in the *BYU Journal of International Law* and an article cited in the *SMU Journal of Air Law & Commerce*. He was interviewed by local television stations more than 30 times during the last academic year. He was quoted by the *Commercial Appeal* more than six times as an expert on local politics and governmental regulations. He was quoted or cited nationally for political analysis more than 196 times in media sources, including the *Boston Globe*, the *Los Angeles Times*, ABC News, Fox News, and the *Washington Post*. His independent movie, *General Sessions*, was presented as counter programming by WKNO-TV 10 during the Super Bowl.

Deborah S. Coleman, GR 77, was elected to the NiSource board of directors. She will serve on the following committees: environmental health & safety, corporate governance, and nomination & compensation. NiSource, based in Merrillville, Ind., is a Fortune 500 company engaged in natural gas transmission, storage, and distribution, as well as electric generation, transmission, and distribution. Coleman also serves as executive vice president and chief operating officer of the National Urban League.

Frances Madeson, LA 77, published her debut book, *Cooperative Village*, a comic novel about life in New York.

Jonathan Moreno, GR 77, was appointed to the National Research Council Committee on Military and Intelligence Methodology for Emergent Physiological and Cognitive/Neural Science Research in the Next Two Decades. Moreno, professor of medical ethics and the history and sociology of science at the

University of Pennsylvania in Philadelphia, was nominated for his expertise in neuroethics and bioethics.

Sheldon M. Novick, LW 77, wrote a book, *Henry James: The Mature Master*, that will be published by Random House. Novick's Web site, www.sheldonnovick.com, has more information about him and his recent books.

Patrick J. Skerrett, GR 77, co-wrote *The Fertility Diet*, a book that outlines dietary, exercise, and lifestyle changes that will help boost fertility in women.

Kevin B. Weiss, LA 77, is president and chief executive officer of the American Board of Medical Specialties.

Michael Senter, LA 78, is chief executive officer of ABCO Refrigeration Supply Corp. in New York. In his capacity as CEO, he has raised approximately \$600,000 for the Make-A-Wish Foundation of Metro New York, where he has served as a member of the board of directors since 2002.

C. James "Jim" Holliman, MD 79, received the "Attending of the Year" award from the graduating emergency medicine residents in the Penn State University emergency medicine residency program. The residents also initiated a new annual ongoing award, the "Jim Holliman Best Teaching Resident Award," for the emergency medicine resident demonstrating the best teaching effort.

Margaret Steinhoff, LA 79, MD 83, HS 87, has been promoted to professor of pathology and laboratory medicine at the Warren Alpert Medical School at Brown University in Providence, R.I. She continues as director of surgical pathology at Women and Infants Hospital.



Phillip Robinson, HA 80, is chief executive officer of St. Joseph Medical Center in Houston and chief operating officer of the Hospital Partners of America, Texas Region.

Kathy (Goldstein) Kastan, LA 81, SW 84, GR 84, published a book, titled *From the Heart: A Woman's Guide to Living Well with Heart Disease*, based on her own experience with heart disease. She is the president of WomenHeart: The National Coalition for Women with Heart Disease, as well as the chair of the board of the Memphis American Heart Association. Kastan lives in Cordova, Tenn., with her husband and three sons.

Rita Roth, GR 82, wrote *The Power of Song*, a collection of Jewish folktales. Each story in the book is accompanied by

commentary on its origin and meaning. Roth's introduction gives special insight into the history of Jewish folktales, specifically those of the Sephardic Jews.

David C. Seaberg, LA 82, is dean of the University of Tennessee College of Medicine in Chattanooga.

Susan Nell Rowe, SW 83, LW 83, received the R. Walston Chubb Award from Legal Services of Eastern Missouri for providing civil legal services to the low-income community.

David P. Blake, LA 84, completed a tour as deputy hospital commander for the 35th Medical Group in Misawa AB, Japan. He is now engaged in surgical subspecialty training at Eastern Virginia Medical School in Norfolk in surgical critical care and trauma.

Robert J. Craddick, LW 84, has joined Reliant Care Management Company, LLC as general counsel.

Michael Burton, LW 85, received the Ashley Award from Legal Services of Eastern Missouri for providing civil legal services to the low-income community.

Charlie Hammerman, LA 85, is director of Community Development Financial Institution initiatives at Syracuse University in New York. He is in the process of launching the Disability Opportunity Fund that will "revolutionize the ways in which consumers, corporations, service providers, and investors within the disability community interact."

Halle Eichenbaum Barnett, LA 87, and her husband, **Benjamin Barnett**, FA 88, reside in Cleveland with their sons Maxwell, 13, and Julian, 8. The couple owns media schmedia, a full-service creative marketing and design firm (www.media-schmedia.com). Halle was elected president of the board of Heights-Hillcrest Regional Chamber of Commerce, which connects business people and strengthens commerce in six cities on the east side of Cleveland. She is a volunteer counselor, publicist, and fundraiser for La Leche League, an international breastfeeding support organization, and also has returned to the stage, performing occasional roles with Kalliope Stage, Cleveland's professional music theatre. Benjamin is an ambassador for the Council of Smaller Enterprises, Greater Cleveland's Chamber of Commerce, and a serious student of Taijijuan. Email: acornbaum@aol.com

Michael Goo, LW 87, is climate legislative director for the Natural Resources Defense Council.

Deborah (Fowler-Dixon) Bross, LA 88, and her husband, Samuel, announce the birth of Atticus Titus on April 6, 2007.

Stephanie Katz, LA 89, and her husband, **David M. Goldberg**, LA 89, announce the birth of Rachel Esti on July 5, 2007. The family resides in Rochester, N.Y. Stephanie is the senior director of advancement at the University of Rochester, and David is a freelance writer who also works for *Cook's Illustrated* magazine and *America's Test Kitchen* show on PBS.

Ben Klayman, LA 89, was named to the newly created position of sports business correspondent with Reuters, starting Jan. 1, 2008. Until then, he will continue as head of the manufacturing and capital goods team in Chicago. He resides in Oak Park, Ill., with his wife, Rachel, and their two children, Oliver and Eva. E-mail: benjamin.klayman@reuters.com

90s

Richard L. Bridge, SI 90, is a patent attorney who was named a partner of Armstrong Teasdale in St. Louis. He focuses his practice in the preparation, prosecution, licensing, and enforcement of mechanical-related patents. Armstrong Teasdale has been named as one of the top law firms in the country for patent services.

Patrick M. Len, LA 90, has been granted tenure as an astronomy/physics instructor at Cuesta College in San Luis Obispo, Calif. He and his wife, Heather McElroy, live in Paso Robles, Calif., where Heather is a research assistant in polyclonal antibody production at Santa Cruz Biotech.

Sean Mulvaney, LA 90, was nominated by President George Bush to be assistant administrator of the Agency for International Development (AID). AID is the U.S. agency that dispenses economic and humanitarian assistance around the world.

Christine (Mayewski) Orich, EN 90, has joined Barnes & Thornburg, LLP in the firm's Indianapolis office. She will work in the intellectual property department.

John S. Gaal, AR 91, received a doctorate in education from Argosy University in Sarasota, Fla.

Alden B. Gewirtz, LA 91, married Sarah Chumsky in October 2005 in New York City at the TriBeCa Film Center and TriBeCa Grill. The wedding guests included many University alumni. The couple also announces the birth of Julia in May 2007. Alden is a photo editor for a business magazine, a photographer on the

side, and a volunteer tour guide at the Brooklyn Museum.

Scott Haycock, GR 91, has collaborated with **John Morris**, BU 86, and **Roy Kasten**, GR 89, on a new CD of original country-rock songs titled *The Accomplices*. The album was released by Perdicion Records, a St. Louis label.

Adam Reichmann, LA 93, also appears on several tracks.

Elizabeth "Liz" (Thomas) Marmins, LA 91, and her husband, Jeff, announce the birth of Cole on July 9, 2007. He joins big sister, Hannah, 3.

Benjamin Abella, LA 92, is the clinical research director of the Center for Resuscitation Science at the University of Pennsylvania School of Medicine in Philadelphia. He is part of an emergency medicine research group that is performing groundbreaking work in cardiac arrest and resuscitation.

Kent Absalonsen, LA 92, and his wife, Kristine, announce the birth of twins, Matthew Payton and Sydney Helen. The family resides in Darien, Ill. Kent is an assistant counsel at Allstate Insurance in Northbrook, Ill., and Kristine is an asset manager at National Equity Fund in Chicago. E-mail: kentabsalonsen@juno.com

Zhen-Qing Chen, GR 92, was named fellow of the Institute of Mathematical Statistics (IMS), located in Beachwood, Ohio. The IMS was created in 1933 as a member organization that fosters the development and dissemination of the theory and applications of statistics and probability. Only 5 percent of the 4,500 members worldwide have earned the status of fellowship.

Charles Hicks, EN 92, has begun studies for a master of fine arts degree in theatre design and technology at San Diego State University. He left a 14-year engineering career in the U.S. Air Force to pursue his interests in theater, which originally developed at WUSTL's Performing Arts Department and Edison Theatre.

Dea Hoover, BU 92, was on *The States* on the History Channel's Modern Marvels series. She was interviewed about St. Louis and Missouri by Actual Productions, who put the series together about all 50 states.

Kristin Kjensrud, PT 92, a major in the U.S. Army Reserve, returned from a yearlong deployment to Afghanistan as the physical therapist for the 41st Brigade combat team. While deployed, Kjensrud provided physical therapy services to U.S. and coalition forces throughout the combat zone. Upon her release from active duty service, she plans to return to working as a part-time college

instructor and orthopedic physical therapist in the Vancouver, Wash., area.

Linda (Dansker) Michelson, HA 92, has moved to northern California with her family. She is the director of the professional revenue cycle at Stanford Hospital and Clinics.

Jodi (Schultz) Portnoy, LA 92, and her husband, **David Portnoy**, EN 92, GB 96, have two children, Albert, 3, and Evan, 10 months.

David Turell, LA 92, and his wife, Sarah, have moved to Shaker Heights, Ohio, where David is a staff pediatrician at the Cleveland Clinic. Their children Matthew, 11, and Hannah, 9, are entering sixth and fourth grades, respectively. The Turells relocated to the Cleveland area to be closer to David's brother and brother-in-law, both of whom live in the Cleveland suburbs with their wives and children.

Jeffrey Crespin, MD 93, HS 96, and his wife, Alexis, announce the birth of Myles Logan on July 12, 2007. He joins his sister, Jordan Skylar, 1. Jeffrey is director of the Lenox Hill Gastroenterology Fellows Clinic, and Alexis is a trader for UBS. The family resides in New York City.

Rachel (Heffer) Goldstein, LA 93, LA 93, and **Josh Goldstein**, LA 93, announce the birth of Pazia Evie Blue on June 8, 2007—exactly five years after the birth of her sister, Tali. Rachel is on leave from her job at foodandwine.com. Josh continues to practice architecture and focuses on his art, which can be seen at www.bodegaNYC.com.

Yumi Komatsu, GR 93, was promoted to associate professor at Tokyo University of Foreign Studies. She has been teaching and advising the Japanese Government Scholarship Students in the initial year in Japan. In June, she presented her research on sleep patterns of international students in an interdisciplinary workshop held at the University of Vienna.

Robin (Lieberman) Lane, LA 93, joined Global Capital Management, Inc. in Conshohocken, Pa., as vice president, portfolio associate.

Lara Peterson, LA 93, is moving to Toronto, Canada, where she will be working at XM Radio Canada. E-mail: peterson.lara@gmail.com

Marlo Poras, LA 93, made a documentary film for HBO titled *Run Granny Run*. The film is about 97-year-old political activist Doris "Granny D" Haddock, who ran for the U.S. Senate against incumbent Judd Gregg in 2004. Haddock did not win the election, but she did

manage to capture 34 percent of the vote.

Masanori Suzuki, GB 93, is president of Misumi USA Inc. in Schaumburg, Ill.

James J. Barta, Jr., EN 94, EN 94, SI 96, is a partner at Armstrong Teasdale LLP, an intellectual property practice in St. Louis.

Arnor Bielevtvedt, GF 94, showed his art at Galerie Beeldkracht in Groningen, Holland, as part of its 10-year anniversary group exhibition. His paintings are based on his childhood memories of the Icelandic landscape and his interest in flowers. The Akureyri Art Museum in Akureyri, Iceland, has accepted his painting *Icelandic Nature* into its collection. The Danish gallery Galleri Sct. Gertrude recently agreed to represent his work.

Eve (Loren) Goldstein, LA 94, and her husband, **Cary Goldstein**, BU 95, announce the birth of Lia Aimee on Aug. 9, 2007. She joins Sara, 4, and Andrew, 2. Eve is a child psychologist practicing in Scarsdale, N.Y., and Cary is vice president in the Global Markets Financing & Services division at Merrill Lynch. The family resides in New Rochelle, N.Y.

Tirzah (Wilson) Gregory, EN 94, and her husband, **Ted Gregory**, LA 94, announce the birth of Delia Jane on Jan. 24, 2007. She joins her brother, Merritt, 2. The family resides in Kansas City, where Tirzah is a bridge engineer for HNTB Corporation and Ted is a senior consultant for Genesis 10 Corporation.

Derek Levy, BU 94, and Rebecca Edelman were married on June 10, 2007, at the Brooklyn Botanic Garden in New York. The wedding party and guests included many University alumni. The couple will reside in Woodcliff Lake, N.J. Derek is a partner and portfolio manager in the Levy Group, a wealth management team at Smith Barney in Paramus, N.J.

Dane Roper, LA 94, and Karin Caracci, were married on Sept. 29, 2007. The wedding guests included many University alumni. Roper is a criminal defense attorney in St. Louis. E-mail: sorope@yahoo.com

Daniel J. Solove, LA 94, is associate professor of law at George Washington University Law School in Washington, D.C. He recently published a new book, *The Future of Reputation: Gossip, Rumor, and Privacy on the Internet*, with Yale University Press. Visit futureofreputation.com to learn more.

Edmund C. Baird, LW 95, works in the Office of the Solicitor of Labor in Washington, D.C., in

the Division of Occupational Safety and Health. He represents the division on appeal and in rulemakings.

Lisa (Alpart) Firestone, BU 95, and her husband, Michael, announce the birth of David Ryan on April 25, 2007. The family resides in Charlotte, N.C.

Laura (Weinberg) Friedel, LA 95, and her husband, **Jay Friedel**, LA 94, announce the birth of Kira Hazel on May 30, 2007. She joins big sister Ilana, 3. Laura is a partner in the Labor and Employment Group of Schiff Hardin LLP in Chicago, and Jay continues to enjoy staying home with the girls. E-mail: javelin162@comcast.net or laurafriedel@yahoo.com

Andrea (Sargent) Futrell, FA 95, and her husband, Kristopher, announce the birth of Ava Kristina on Aug. 15, 2007.

E-mail: asargent@yahoo.com

Jo Giles, LA 95, has joined the University of Nebraska Medical Center (UNMC) public affairs team as communications specialist. One of Giles' primary responsibilities in her new position will be to cover UNMC's various diversity initiatives.

Erin (Schatz) Goldstein, LA 95, and her husband, Marlon, announce the birth of Mia Bailee on Feb. 16, 2007. She joins her sister, Emma Reese, 3. The family resides in Hollywood, Fla. Erin is the associate general counsel at The Continental Group, Inc. E-mail: eringoldstein@gmail.com

Robin (Dickey) Hackney, BU 95, and **Chris Hackney**, BU 97, announce the birth of Heather Virginia on May 7, 2007. She joins big brother, Kai Alexander, 2. The family resides in Atlanta.

Robyn Hunter, LA 95, and her husband, **David Belchick**, LA 95, announce the birth of their second daughter, Gabrielle Eve Hunter, on Aug. 31, 2007. She joins big sister, Isabel. The family resides in Boston.

Monica Love, LA 95, and her husband, **David Stephens**, BU 95, announce the birth of Owen Patrick on April 9, 2007.

Shaorong Chen, SI 96, SI 96, is a registered patent agent in the Intellectual Property Group at Connolly Bove Lodge & Hutz, LLP in Wilmington, Del. She works in a variety of areas including counseling and opinion and patent prosecution.

Cheryl (Rubenstein) Drazin, LA 96, and her husband, Aaron, announce the birth of Evan Benjamin on July 9, 2007. The family resides in Dallas, where Cheryl

is a shareholder practicing labor and employment law at Gillespie, Rozen, Watsky & Jones, and Aaron is a systems engineer with Lockheed Martin.

Megan Foster-Campbell, LA 96, and her husband, Frank, announce the birth of Madeleine Grace on August 11, 2006. The family resides in Geneva, Switzerland.

Lauren Henkin, LA 96, received two first-place prizes in the "overall non-professional book proposal" and "documentary non-professional book proposal" categories of the Prix de la Photographie Paris international photography

WASHINGTON PROFILE

Monique Williams, A.B. '95, M.D. '99

Physician Puts Relationships First

In Monique Williams' family, exceptional longevity is the norm. Williams knew her great-great-grandmother, who lived to be 114. "She broke her hip when she was about 106," notes Williams, A.B. '95, M.D. '99. "At first the surgeons were reluctant to operate, as she was the oldest patient they had ever had at the time. They couldn't find anything wrong with her medically other than osteoporosis, so they repaired her hip." She lived another eight years—"very active and sharp as a tack" until she died, Williams says.

"Everyone in my family lives a really, really long time," she continues. "When we were little, we would always hang out with the older adults."

Today, Williams is still keeping company with older adults. As an attending physician at Barnes-Jewish Hospital, she cares for elderly patients. As an assistant professor of medicine and psychiatry in the Division of Geriatrics and Nutritional Science, she teaches geriatrics to medical students, residents, fellows, and community physicians. As a researcher at the School's renowned Alzheimer's Disease Research Center (ADRC),

and a clinical research scholar in the Multidisciplinary Clinical Research Career Development Program, she investigates the role of insulin metabolism and diabetes in Alzheimer's disease.

"Research suggests that people with diabetes have an increased risk of Alzheimer's," she observes. Among the most promising theories: The same enzyme that breaks down insulin also breaks down amyloid-beta, one of the brain-destroying proteins in Alzheimer's. "So if you have higher levels of insulin (as with type 2 diabetes), then insulin and amyloid-beta compete for the same enzyme, and levels of amyloid could increase and deposit in the brain," she explains.

It's an ominous relationship. With the exploding epidemic of diabetes and the concurrent aging of the baby boomer generation, "there's going to be a huge surge in Alzheimer's disease cases if we can't intervene," Williams says. Williams' research seeks to identify the aspects of diabetes that influence Alzheimer's risk.

Williams also is engaged in community outreach. She serves on the St. Louis Alzheimer's Association speakers' bureau

and was named a 2007 Volunteer of the Year for her work. She speaks at senior apartments, church groups, women's clubs, and other venues at least weekly, sharing the latest information about healthy aging, memory, and Alzheimer's. She attends health fairs. And she helps the ADRC reach out to African-Americans, who sometimes mistrust the medical establishment.

"Investigators," she explains, "get a reputation for just coming into the community, doing a study, leaving, and never coming back. It is important to develop sustained relationships in the community." So Williams and others on the ADRC's African-American Advisory Board seek ways to encourage participation in long-term memory and aging studies. "African-Americans and all minority groups remain understudied in dementia research," she observes, "so we need to do more studies to fully understand the disease."

The center also staffs an African-American Satellite to provide clinical services—memory assessments, for instance—in the community. Williams is the satellite's physician.



Monique Williams' research seeks to identify the aspects of diabetes that influence Alzheimer's disease.

Williams cannot remember a time when she did not want to be a doctor. Her mother taught a cognitive model of study skills to Purdue University undergraduates. "I used to listen to it all the time," she recalls. "In day care my favorite word was 'hippocampus.'" Her father, Luther Williams, was a Purdue microbiology professor and, from 1980 to 1983, dean of WUSTL's Graduate School of Arts & Sciences.

As an undergraduate, she double-majored in biology and French. She found the latter great preparation for being a physician. "Much of French literature deals with illness and metaphors for illness," she notes.

Williams' passion for geriatrics is unmistakable. "Geriatrics still allows you the time to develop rapport with patients," she says, gratefully. "One of the most rewarding things about my work is being able to interact with older adults, really interesting people who have done amazing things in their lives."

—Betsy Rogers

competition for her black-and-white photographs of Charleston, W.Va., titled *The Other Charleston*. The collection is her first completed portfolio of photographs and can be viewed online at www.laurenhenkin.com.

Scott Metsch, LA 96, and his wife, **Marnie**, announce the birth of **Sarina Liel** on July 11, 2007. The family resides in New Rochelle, N.Y. E-mail: scott@scomet.net

Jubie Suh, FA 96, is a computer animator in Seoul, Korea. She is planning to go to graduate school next fall.

Jyothsna S. (Sridharan) Bhat, LA 97, received a doctorate in psychology from Wright State University in Dayton, Ohio.

Richard Chappellear, BU 97, and his wife, **Melinda**, announce the birth of their first child, **Zoe**, on July 9, 2007. Richard received an M.B.A. from INSEAD in 2005 and since has been an associate with Taconic Capital Advisors in London. E-mail: richard.chappellear@alumni.insead.edu

Robert M. Kline, LA 97, and his wife, **Olga**, announce the birth of **Elizabeth Alena**. Robert graduated from the University of Florida Levin College of Law, where he was editor-in-chief of the *Florida Law Review*. He is now an associate at White & Case, LLP in Miami.

Henry M. Kwong, EN 97, and his wife, **Caroline (Van Eerdewegh) Kwong**, LA 97, moved to Phoenix, where Henry is a retina fellow at Associated Retina Consultants. The couple has 21-month-old twin boys, **Colin** and **Nicholas**. Caroline is a stay-at-home mom and a member of a local Moms of Multiples group.

Nicole LeClair, BU 97, and **Robert Wartchow** were married on June 22, 2007, in Atlanta. The couple will be making their new home in London. Nicole sold her financial planning practice in anticipation of the move. Robert will be working in the Leveraged Finance Group of Deutsche Bank in London.

Melissa (Clark) Webb, EN 97, and her husband, **Rowdy**, announce the birth of **Cody Aspen** on Dec. 28, 2006. The family resides in Portland, Ore. E-mail: orsnowgirl@yahoo.com

Jessica (Peck) Donnerstein, LA 98, and her husband, **Michael Donnerstein**, EN 97, announce the birth of **Elliott Michael** on Aug. 27, 2007. He joins big brother, **Bennett**. The family resides in Scottsdale, Ariz., where Jessica is a financial planner. Michael continues his work as an engineer with Boeing in Mesa, Ariz.

Jennifer (Cohen) Gold, LA 98, and her husband, **Kevin**, announce the birth of their first child, **Lindsay Ava**, on Aug. 2,

2007. Jennifer has a career in human resources with a company in New York City. The family resides in Scotch Plains, N.J.

Richard T. Wilson, GB 98, received a doctorate in marketing and international business from Saint Louis University. He is an assistant professor at Hofstra University.

Marie Winfield, EN 98, LA 99, and her husband, **Konrad Pust**, announce the birth of **Sophie Amara Ponsie**, on March 6, 2007, in Berlin, Germany. The family is relocating from Berlin to Montreal, Canada, where Marie will start law school at McGill University. E-mail: marie.winfield@mail.mcgill.ca

Tamar Magarik, LA 99, and **Steve Haro** were married on Sept. 2, 2007, in a garden ceremony in Winchester, Va. The wedding guests included many University alumni. The couple will reside in Washington, D.C., where Tamar is a professional staff member for the Senate Health, Education, Labor, and Pensions Committee. Tamar works for Sen. Christopher J. Dodd and specializes in health-care policy. Steve is senior advisor and communications director for Rep. Xavier Becerra, assistant to the speaker of the house.

Matthew Petering, LA 99, is an assistant professor of industrial engineering at the University of Wisconsin-Milwaukee. He received his doctorate in industrial and operations engineering from the University of Michigan in August.

Scott A. Richman, LW 99, recently was elected a shareholder in the law firm of Carlton Fields, P.A. He works in the firm's Orlando office and practices in the areas of civil and commercial litigation, with an emphasis on representing motor vehicle manufacturers in product liability lawsuits. Scott and his wife, **Gwen (Tumbush) Richman**, PT 98, announce the birth of their son, **Jaret Samuel**, on May 15, 2007. Jaret joins **Evan**, 2, and **Jenna**, 4. E-mail: srichman@carltonfields.com

Deborah Singer, LA 99, joined **Polsky & Associates** in Chicago.

Brook Sullivan, PT 99, and her husband, **Steve**, announce the birth of their fourth child, **Edward James III**, on July 6, 2007. The family resides in Elkhart, Ind.



Leah (Furst) Alani, LA 00, has launched a new division of her internet company, **Sophie Says**. **Sophie Says** sells personalized gift items, and the new brand, **Sophie Select**, retails custom invitations and announcements.

Sara Bleiberg, LA 00, and **Ben Klein** were married on July 1, 2007, in New Jersey. The wedding party and guests included several University alumni. Sara is the director of residential education at Wagner College in New York City. She also is pursuing her doctorate in higher education administration at New York University. Ben is finishing his doctorate in clinical psychology. E-mail: saraklein24@gmail.com

Carrie (Gick) Davis, LA 00, and her husband, **Blue**, announce the birth of **Hudson Blue** on Aug. 3, 2007. The family resides in Indianapolis. Carrie is finishing her dermatology residency at Indiana University School of Medicine, and Blue practices dentistry.

Steve Eastmond, SW 00, is a social work supervisor for a Utah home health and hospice company. He also has his own private individual, marriage, and family counseling practice.

Amy Garber, LA 00, and **Markus Hanssen** were married on June 23, 2007, in Chicago. The wedding guests included many University alumni. The couple will reside in the Washington, D.C., area, where both are managers at Accenture. E-mail: agarber10@yahoo.com

Joshua Kim, EN 00, LA 00, and his wife, **Kimberly**, announce the birth of **Rylan** on Aug. 4, 2007. Joshua, who has a doctorate in molecular biology, recently graduated from law school and is an intellectual property attorney at Jones, Day, Reavis, and Pogue in Silicon Valley.

Melanie (Zlotogura) Marchfeld, LA 00, and her husband, **Scott**, announce the birth of **Ava Carin** on July 26, 2007. Melanie is the director of grants administration at Jewish Communal Fund in New York City and is completing the last year of courses toward a master's degree in public administration at Baruch College in New York City.

Scott Dolan, GB 01, is regional president-central region at Midwest BankCentre. He oversees Midwest BankCentre's operations in the central corridor including Clayton, Mo., and the city of St. Louis.

Marissa Hockfield, LA 01, and **Josh Steinfeld**, LA 01, were married on Aug. 18, 2007, at the Standard Club in Chicago. The couple resides in Chicago, where Marissa is completing her master's in elementary education and teaching dance, and Josh is a consultant for Towers Perrin.

Katie Holt, LA 01, LW 04, joined **Bryan Cave** as an associate in the health-care group. Her husband, **William "Bill" Hucker**, EN 01, is nearing the completion of his doctorate and will return to medical school this winter.

Ian Klaus, LA 01, is pursuing a Ph.D. in international history at Harvard. His first book, *Elvis Is Titanic*, recently was published by Knopf. The book is about the semester he spent in Iraq teaching English and American history to students at Salahaddin University.

Pooja Kumar, LA 01, plays the main character in *1001 Auditions* and is also the producer of the short film, which is about an aspiring actress struggling to make it happen in New York.

Megan (Schraedley) Rosenstein, LA 01, and her husband, **Peter Rosenstein**, BU 01, announce the birth of **Cooper Baldwin** on July 8, 2007. The family resides in New York City.

Amy Altholz, GB 02, BU 02, was promoted to manager in the Assurance Services Group at RubinBrown in St. Louis. RubinBrown is one of Missouri's most respected accounting and consulting firms.

Dana L. Greenberg, BU 02, and **Jeff Goldstein** were married on July 21, 2007, in New York City. The wedding guests included many University alumni. The couple will reside in New York City, where Dana works in investor relations for Avenue Capital Group, and Jeff works in structured products at Deutsche Bank.

Ron Herd II, FA 02, is the founder of the **Jimmie Lunceford Jamboree Festival** held in Memphis. The purpose of the festival is to honor Lunceford, the first high school band orchestra leader/conductor in the history of the Memphis city schools. Lunceford formed the band with his own money and donations from the community and later turned the high school band into a popular local Memphis band, **The Chickasaw Syncopators**.

Kevin Marvin, BU 02, was promoted to manager in the Corporate Finance and Forensic Service Group at RubinBrown in St. Louis. RubinBrown is one of Missouri's most respected accounting and consulting firms.

Erin Nolan de Tella, LA 02, has been living abroad in Mexico for the last four years teaching English and working in tourism.

Carey Palenchar, EN 02, is the assistant manager of the **Dierbergs Clarkson/Clayton School of Cooking** in Ellisville, Mo. She will focus on consumer food and nutrition education, recipe development and testing, and managing day-to-day activities in the cooking school.

Elaine "Lainey" Paulionis, LA 02, and **Christopher Phelen** were married on June 9, 2007, in St. Louis. The couple resides

in Washington, D.C. Elaine is a professional staff member on the Energy and Environment Subcommittee of the Science and Technology Committee. Christopher is a military legislative assistant for Rep. Doug Lamborn of Colorado.

Alfredo Urbina, GB 02, is moving to Madrid, Spain. He would like to get in touch with any Olin alumni living there. E-mail: aurbina2000@gmail.com

Ting Wang, SI 02, GM 06, received a Whitney Fellowship from the Helen Hay Whitney Foundation. Wang is a postdoctoral researcher at the University of California, Santa Cruz, where he is conducting research in bioinformatics. The fellowship will support Wang for three years of research on regulatory networks for gene transcription.

Laura Whalen, GB 02, and her husband, **Mark Whalen**, GB 01, announce the birth of Owen Daniel on June 8, 2007. The family resides in Webster Groves, Mo.

Kjell E. "Erik" Brekke, GR 03, and his wife, Leticia, announce the birth of Sophie in 2006. The couple resides in Forde, Norway, where Erik is an attorney with the Norwegian law firm, Harris.

Sauna L. Brodsky, LA 03, received a master's in social work from the University of Southern California in Los Angeles. She is a clinical therapist counseling children, adolescents, adults, and families in an outpatient mental health setting. She also works part time as a therapist in a school.

Annie Chao, LA 03, and Gary Chern were married on Sept. 15,

2007, in Stanford, Calif. The wedding guests included many University alumni. Residing in Sunnyvale, Calif., Annie is a resident in family practice at San Jose O'Connor Hospital, and Gary works at Lockheed Martin.

Eric Hovey, BU 03, recently passed Level III of the CFA examination, earning him the chartered financial analyst designation. He lives in Los Angeles and is lead asset-backed trader for Payden & Rygel Investment Management.

Joshua C. Langhorne, LA 03, MD 07, is starting a pediatrics residency at New York-Presbyterian/Columbia Hospital in New York City.

Lori H. Palca, LA 03, is attending Duke University's Fuqua School of Business.

Nicholas Tsai, BU 03, joined Thompson & Knight, LLP in the firm's Corporate and Securities Practice Group in Houston.

Emily M. Gillen, LA 04, received a master's degree in economics from Johns Hopkins University in Baltimore. She is an analytic associate at Thomson Healthcare in Needham, Mass.

Stacy N. Jeffries, LA 04, is attending graduate school at Argosy University in Washington, D.C. She is pursuing a master's degree in community counseling.

Otto Nichols III, SI 04, was promoted to senior project engineer at Clayco, a full-service real estate development, design, and

WASHINGTON PROFILE

Irv D. Siegel, B.S.E.E. '49

Giving Life a Run for Its Money

As a sprinter, Irv Siegel always finds lining up for a race a gut-wrenching experience. While lining up with the 50th Reunion class to lead the processional into Brookings Quadrangle at Washington University's Commencement in 1999, however, Siegel was excited not nervous. And instead of hearing, "Gentleman, take your marks," he heard applause from the young soon-to-be-graduates nearby. To Siegel, this was a touching moment.

"In that moment, I realized we had accomplished something," Siegel says, "and in that realization, I truly appreciated the effort I had put into school so many years before."

Realizations, accomplishments, and especially hard work are concepts that inform and describe the life of Irv Siegel.

Taught to put academics first, Siegel studied to gain admittance to the Navy's electronic school at 17 and, despite wearing glasses, was able to enlist as a seaman when he turned 18. With Radar School training and a knack for all things electrical, Siegel was re-admitted to Washington University after World War II.

He found his engineering studies "challenging because it was so empirical." Graduating in 1949 with a bachelor's degree in electrical engineering, he went on to earn a master's degree through the University of Missouri-Rolla, all while working at McDonnell Douglas.

He dedicated 30 years to McDonnell Douglas and spent some time with the Granite City, Illinois, company A.O. Smith, becoming chief electrical engineer. During his career, Siegel was a self-employed consultant, too.

He also is a devoted husband and father, raising two children, both University alumni: Gary, J.D. '85, and Victoria, A.B. '81, M.A. '88. Over the years, Siegel nourished hobbies in photography, painting, gardening, and, later, running.

Though "able to leap fences" as a kid, Siegel did not participate in athletics in school, except at the intramural level. Not owning track shoes in high school, he was unaware of his talent as a sprinter.

Now in his early 80s, he is a decorated Olympian, one who has been competing in regional and national senior track events, specifically the 100m,

200m, and 400m races, since he was in his mid- to late-50s.

This past summer, he participated in the National Senior Olympic games in Louisville, Kentucky. His only wish was to qualify in his events in the 80-84 age bracket. Carrying the spirit of Churchill Downs with him, and the loving support of 10 family members and friends who traveled to watch him run, he successfully qualified in all three. This support especially helped propel him to fourth place in the 400m, which he calls "a brutal race, because you've got to have stamina and you've got to have speed."

When Siegel first began to run competitively, at 56, his physician, who had worked with the U.S. Olympic track team while at UCLA, created a rigorous training program. It paid off: Siegel still holds the state and local 400m record for the 65-69 age bracket.

Even today, when Siegel is preparing for a race, he trains for the 100m on Monday, the 200m on Wednesday, the

400m on Friday, and then runs three miles on Saturday to build up stamina. He also lifts weights three times a week to keep his muscle strength, and he plays racquetball, though his number of playing partners over the years has dwindled.

He's traveled from Syracuse, New York, to Baton Rouge, Louisiana, to San Antonio, Texas, to race, and one of his favorite things about competing is meeting new people. "I have my camera wherever I go, and I take pictures. I send them out to my friends across the country during the holidays."

Another favorite part is just finishing: "When you've completed the race, when you've done something, that's the reward."—Terri Nappier



This past summer, sprinter Irv Siegel qualified for three races in the National Senior Olympics in Louisville, Kentucky.

Courtesy Photo

construction firm with offices in St. Louis, Detroit, and Chicago. He is responsible for bid package preparation and solicitation, cost reporting, drawing review, and subcontractor coordination on design-build projects.

David Ulevitch, LA 04, is the founder of OpenDNS.com, which provides people with an easier way to find Web pages and greater online protection from malicious sites.

Brian Berman, LA 05, has completed his first year of studies at Southwestern Law School in Los Angeles.

Sarah "Sally" Dolembro, LA 05, is a 2007-2008 recipient of a Fulbright Scholarship to Italy. She will apprentice in Rome at Tirelli Costumi, a shop that builds costumes for theater, opera, and film. She also will be researching historical garments in Tirelli's research center and traveling to Palermo, Sicily, to study historical garments there as well. Since graduation, Sally has worked for the Indiana Repertory Theatre in Indianapolis, the Opera Theatre of St. Louis, and the Catholic Student Center at Washington University.

Chesney Fowler, LA 05, and **Michael Lajczok**, EN 06, SI 06, were married on July 14, 2007, in Baltimore, Md. The wedding party and guests included many University alumni. The couple will reside in Washington, D.C.

Josh Mandel-Brehm, LA 05, is attending the University of Michigan for an M.B.A.

Randall N. Pick, EN 05, is an assistant senior software engineer programmer/software developer at 21st Century Systems in Fort Leonard Wood, Mo. He works on defense contracts primarily in decision support systems.

Margaret C. Scavotto, LW 05, is an associate at Lashly & Baer, PC in St. Louis. She focuses her practice in the areas of corporate law, health-care law, and estate planning. She is a member of the American Bar Association, the Missouri Bar, the Bar Association of Metropolitan St. Louis, and the State Bar of Illinois.

Anne E. Wilson, FA 05, has returned from her residency in India and is working on a Fulbright application to the Philippines. She is attending the Slade School of Fine Art in London to receive a master's in fine art. Wilson works part time at Christie's in London.

Jill Jones, GB 06, is managing director of global production at Brown-Forman Corporation in Louisville, Ky.

Daniel "Dan" T. O'Connor, LW 06, joined the Washington, D.C., office of Bryan Cave LLP. He practices in the areas of complex commercial litigation and corporate compliance and defense.

Ryan Jacobson, LA 07, is a medical student at the University of Illinois.

Komal D. Patel, LA 07, is enrolled in the accelerated B.S.N. program at Barnes-Jewish College of Nursing in St. Louis.

In Memoriam

1920s

Philip E. Askey, BU 28; July '07

1930s

Myrtle L. (Pope) Ellis, BU 30; May '07
Verna E. (Weis) Krauss, LA 31; Sept. '07
Ethel (Hobbs) Dawson, NU 32; July '07
Garvey B. Bowers, MD 34; Sept. '07
Gladys E. Baker, GR 35; July '07
Martin Stolar, LW 35; July '07
John T. Huffman, AR 36; Sept. '07
Michael M. Miklas, EN 36; July '07
Mary E. (Hooper) Watson, NU 36; July '07
John R. Moore, EN 37; July '07
James B. Redman, BU 37; May '07
John E. Weaver, LA 37; Aug. '07
Marjorie A. Schroeder, LA 38, GR 46; Aug. '07
Mae Ellen (Mensendiek) Chaudet, LA 39; July '07
Rey Eilers, LW 39; Aug. '07

1940s

Merle Dorothy (Kramer) Goldstein, LA 40, SW 42; July '07
Harry C. Jung, BU 40; Aug. '07
Helen (Petkovich) Kimball, LA 40; May '07
Julie B. (D'Arcy) Scott, UC 40; Aug. '07

John S. Skinner, MD 40; Aug. '07
Kathryn Rose (Ruester) McDowell, BU 41; July '07

Robert J. McDowell, BU 41; Aug. '07

Henry W. Maxfield, LA 42; April '07

Edwin P. Meiners, Jr., LA 42, GR 49; June '07

Edward C. Seele, BU 42; Nov. '06
Beth Ellen (Stoke) Slee, FA 42; June '07

Robert C. Ausbeck, BU 43; July '07
Leland M. Wallace, Jr., EN 43; Aug. '07

Gladys A. (Gleiber) Tolley, UC 44; July '07
C. Harwell Dabbs, MD 45; Aug. '07

Betty J. (Fischer) Edelmann, LA 46; July '07
Robert E. Funsch, MD 46; July '07

Laura (Couchman) Slavin, NU 46; July '07

Robert W. Datesman, LA 47; Sept. '07
Roland P. "Buck" Buchmueller, AR 48; Aug. '07

Ralph J. Layton, Sr., BU 48, GB 50; Aug. '07
Florence S. (Ziegengeist) Monnig, UC 48, GR 57; Sept. '07

Harvey J. Oberman, BU 48; Aug. '07
Hazel (Cockrell) Anderson, NU 49; June '07

Ruth Lee (Brown) Bishop, LA 49; April '07

James P. Christmann, EN 49; July '07
John R. B. Fischer, MD 49; July '07

Sidney A. Savan, BU 49; Aug. '07
William D. Tufnell, LA 49; March '07

Robert S. Wolff, BU 49; July '07

1950s

Kenneth A. Baker, BU 50; Sept. '07

Otto A. Johnson, Jr., LW 50, UC 50; July '07

Helen Sylvia (Suffian) Krasner, LA 50; July '07

Weldon B. Long, LA 50, GR 63; Sept. '07

Howard M. Maddux, LA 50, GR 54; July '07

Charlotte M. (Eaton) Sisler, UC 50; July '07

Gertrude (Bos) Underwood, UC 50; Nov. '06

Margaret R. (Bachle) Brooks, LA 51; Sept. '07

Henry A. Buffa, LA 51, GR 53; Aug. '07

Robert L. Carr, LW 51; Feb. '07
Edward J. Clarkin, EN 51; July '07

Geraldine (Poser) Murphy, FA 51; July '07

ClassMates

The ClassMates editor can be reached by mailing this form and also by fax and e-mail. Please e-mail: wustlmagclassmates@wustl.edu, fax: (314) 935-8533, or send U.S. mail to: ClassMates, Washington University in St. Louis, Campus Box 1086, One Brookings Drive, St. Louis, MO 63130-4899.

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Class Year: _____ School or College: _____ Phone: _____

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Please tell my classmates (use an additional sheet of paper if necessary):

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J. Bruce Walcott, BU 51; July '07
 Robert E. Haldiman, AR 52; Aug. '07
 Arnold L. Miller, LA 52; Aug. '07
 David A. Hicks, EN 53; Aug. '07
 Philip A. Mundt, GR 53; May '07
 Mary Lee (Foster) Wenneker, BU 53; July '07
 Kent P. Howard, GR 55; Aug. '07
 Nelda E. Vines, UC 55; Sept. '07
 Marjorie W. John, OT 56; Aug. '07
 Roger M. Hibbits, EN 57, LW 61, SI 66, GL 85; Aug. '07
 Lucille Dye McLain, LA 57, GR 67, GR 71; Aug. '07
 Spencer Compton, AR 58; June '07
 L. William Ehrett, DE 58; Aug. '07
 Wade C. Henry, HA 58; July '07
 Robert L. Hopkins, UC 58; June '07
 J. Brian O'Loughlin, LA 59, DE 63, GD 69; Sept. '07
 David E. Ober, BU 59; Sept. '07
 William S. Preiss, LW 59; Aug. '07

1960s

William Adler, LA 60; Aug. '07
 Laura Catherine (Vishino) Freeman, UC 61; Aug. '07
 Robin (Spencer) Jones, LA 61, GR 63; July '07
 Antonio N. Maienza, HA 62; July '07
 Harold E. Iverson, GR 63; July '06
 Ronald L. Rothman, BU 63, LW 66; Sept. '07
 Ronald Sterling Smith, EN 64, SI 76; July '07
 Thomas L. Goetting, UC 65; Sept. '07
 Lawrence P. Glickman, LA 66; Aug. '07
 Robert "Bob" W. Vit, LA 66; Sept. '07
 John C. Preisack, UC 67; Sept. '07
 Dorothy (Coleman) Roudebush, GR 68; July '07
 John C. Ambrister, LW 69; July '07
 Andrew I. Myers, LA 69; Aug. '06

1970s

Edsel A. Hatfield, UC 70, UC 71; July '07
 Vasant Shah, GB 70; Aug. '07
 William E. Orthwein, LA 71; Aug. '07
 Ann H. Dragues, UC 72; July '07
 Rachel G. O'Meara, GR 72; Aug. '07
 Jacqueline Gannet, LA 73; July '07
 William Allan Burch, LW 75; July '07
 Carolyn Feiler, EN 75; Jan. '07
 James Herman Marchetto, UC 76; Aug. '07
 Robert John Gill, UC 78; Aug. '07
 Gaylord T. Walker, MD 78; Sept. '07

1980s

John M. Brooks, GR 80; July '07
 Anacia C. Henleben, GR 82; Sept. '07
 Leora Daniels Lawrence, SW 86; July '07
 Karen Lynne Burk, TI 88; July '07
 Jeffrey C. Loeb, LW 88; Sept. '07
 Michael P. Lischke, TI 89, SI 92; Sept. '07

1990s

Tatnall W. Warner, GB 94, SI 96; Sept. '07
 Jan A. Holzmann, GB 96; Sept. '07

2000s

Emmalee A. Terrell, LA 07; Aug. '07

In Remembrance

Helen M. Aff-Drum

Helen M. Aff-Drum, M.D. '34, an emeritus associate professor of pediatrics at the School of Medicine, died Tuesday, September 11, 2007. She was 99.
 Aff-Drum attended medical school at Washington University and did her residency at St. Louis Children's Hospital, Harriett Lane Home in Baltimore, and Children's Hospital in Philadelphia.

She married Clarence G. Drum and established a private pediatric practice with him in 1938 until his death in 1960. She worked in the pediatric clinic at St. Louis County and Children's Hospital and was the Clayton School District physician from 1945-1985.

Aff-Drum is survived by her daughter, Margaret "Marge" Bergfeld; granddaughters, Barbara Hunt, Susan Sherwood, and Julie Bergfeld; great-grandsons, Jeffrey Hunt and Robert Hunt; and great-granddaughters, Christina Sherwood and Jessica Sherwood, all of St. Louis.

Wade C. Henry

Wade C. Henry, M.H.A. '58, died Sunday, July 22, 2007. He was 75.

Henry attended Washington University for graduate school and completed a residency at Barnes-Jewish Hospital before becoming a hospital administrator. He served in the U.S. Public Health Service from 1976 until retiring in 1998 as executive officer of the Navajo Area Indian Health Service and as director of Contract Health Services for the Alaska area.

Henry is survived by his wife of 52 years, Marilyn Cole Henry; daughter, Cynthia Lyn Wilson, son-in-law, Mart, and grandchildren, Michal, Andrew, and Daniel, all of Anchorage, Alaska; son,

Daniel Cole Henry, daughter-in-law, DeLeah, and granddaughter, Ferriell, of Albuquerque, New Mexico; son, Stuart Wade Henry, daughter-in-law, Linda, and grandchildren, Joshua, Joseph, Jonathan, Hannah, Sarah, Rachel, and Caleb of Fort Benning, Georgia; and brothers, Robert R. Henry of Dallas and Benn Henry of Bellevue, Washington.

Richard A. Hetlage

Richard A. Hetlage, A.B. '48, J.D. '50, a St. Louis real estate lawyer, died Sunday, July 15, 2007. He was 81.

After graduating from Washington University, Hetlage joined the law firm of Kaufman and Stemmler. He was appointed to represent the Urban Redevelopment Corp. of St. Louis to revitalize downtown St. Louis.

Hetlage earned his reputation as "Mr. Redevelopment" because of his involvement with many of the most important redevelopment projects in St. Louis.

In 1958, Hetlage and his younger brother, Robert O. Hetlage, formed the Hetlage & Hetlage law firm. Eight years later, they joined Peper, Martin, Jensen, Maichel, and Hetlage, which merged with the Blackwell Sanders law firm of Kansas City in 1998.

Hetlage is survived by his wife, Helen, and three sons, Kennon, David, and Laird.

Fred J. "Ted" Hodges III

Fred J. "Ted" Hodges III, professor emeritus of radiology and one of the founders of the neuroradiology section at the Mallinckrodt Institute of Radiology, died Thursday, August 9, 2007. He was 84.

Hodges came to the School of Medicine's Mallinckrodt Institute of Radiology in 1957 as an assistant professor of radiology. He helped found the institute's program in neuroradiology and was named head of the section in 1958.

He received a National Institutes of Health Fellowship in Neuroradiology and spent one year in Sweden. He left the medical school in 1966 to become chief of neuroradiology at Johns Hopkins Hospital in Baltimore, but returned to the School of Medicine in 1980 as professor of neuroradiology. He retired in 2003.

Hodges is survived by his wife, Genny; sons, Fred J. IV and Thomas of Minneapolis; and a brother, John, of Painted Post, New York.

Rosalind H. Kornfeld

Rosalind H. Kornfeld, Ph.D. '61, distinguished professor emerita of biochemistry in medicine, died Friday, August 10, 2007. She was 72.

Kornfeld earned a bachelor's degree from George Washington University in Washington, D.C., and a doctorate from Washington University School of Medicine.

She joined the medical school faculty in 1965 as research instructor of medicine and was named professor of medicine and of biochemistry and molecular biophysics in 1981. She retired in 2001.

Kornfeld was a founding member and first president of the Academic Women's Network, which aims to assist and mentor female junior faculty and trainees. In 2000, the group awarded her with the first of its now annual mentor awards.

Kornfeld is survived by her husband, Stuart, and three children: Katherine Kornfeld; Kerry Kornfeld, associate professor of molecular biology and pharmacology; and Carolyn Lesorogol, assistant professor in the George Warren Brown School of Social Work; and six grandchildren.

Casey L. Moulson

Casey L. Moulson, a researcher and instructor of medicine, died Friday, September 7, 2007. She was 36.

Moulson graduated with a bachelor's degree from Russell-Sage College and a doctorate from the State University of New York at Albany before coming to Washington University. An accomplished microbiologist, she authored many articles in her field of work.

Moulson is survived by her husband, Warren La Marche; her parents, John and Beverly Moulson of Preston, Connecticut; her sister, Christine, of Norwich, Connecticut; and brother, David, of Preston, Connecticut.

Daniel P. Schuster

Daniel P. Schuster, the Virginia E. and Sam J. Golman Chair in Respiratory Intensive Care Medicine and a professor of medicine and of radiology, died Tuesday, September 11, 2007. He was 57.

Schuster earned a bachelor's degree from the University of Michigan and a medical degree from Yale University. He joined Washington University in 1981 and served as the associate dean of clinical research from 1996 until 2005.

He initiated and led the Center for Clinical Studies and developed a master's degree program in clinical investigation.

Schuster is survived by his wife, Debra Klein Schuster, and sons Jamie Aaron Schuster and Evan David Schuster, all of Creve Coeur, Missouri; his mother, Alice Schuster, of South Bend, Indiana; and a brother, David Schuster, of Buffalo Grove, Illinois.



Combining People, Policy, & Advocacy

BY SUSAN C. THOMSON

Edward Francis Lawlor learned young about growing old. From his boyhood, he fondly recalls a great aunt who lived hearty into great age. At Bowdoin College, inspired by a teacher in the then-emerging field of social gerontology, he wrote an honors thesis on the health-care needs of older people in Maine's poorest, most rural county.

A generation later, Lawlor is a nationally known expert on health-care policy, Medicare in particular, and in his fourth year as dean of Washington University's internationally known George Warren Brown School of Social Work. To take the job, he gave up its equivalent at the University of Chicago, where he had launched his academic career 20 years earlier, as an assistant professor. He was not looking to leave.

But along came Washington University, looking for someone Brown School Professor and Associate Dean Enola Proctor imagined as "an energetic, visionary leader that could take our school from a great place to an even greater place." She chaired the search committee that zeroed in on Lawlor as exactly filling the bill, and refused to accept his first, flat refusals. With an able assist from Chancellor Mark Wrighton, they persuaded Lawlor to seize what he finally came to envision as "a generative experience" and "an effective way to recharge and do some new things."

A key attraction for Lawlor was the Brown School's great faculty in the field of aging, as well as the University's Center for Aging.

So Lawlor came to St. Louis with his wife, Betsy, and their three children, Matthew (a senior at Yale University), Abigail (a freshman at Yale), and Casey



Joe Angeles

Edward F. Lawlor, Dean, George Warren Brown School of Social Work, and the William E. Gordon Professor

(a high school sophomore), as well as the accoutrements of an active and varied private life, including two sled dogs, several brass musical instruments, and, displayed on his office windowsills, dozens of die-cast, scale-model cars and trucks. Among the originals, built by Lawlor over the years "just for fun," stand some prized gifts—a police car, for instance, from a Chicago colleague. He explains with a smile: "I used to have a metaphor that working in the dean's office is like seeing the world from the inside of a police car. What you mostly see are mayhem and problems."

He jests—and quickly turns a conversation to the joys of his job, which he describes as combining, ideally for

him, his interests in people, policy, and advocacy with the opportunity "to move an institution along." Washington University, where deans report directly to the chancellor instead of through a provost, offers them an unusually "liberating environment to do a lot of things," he says. "You can take the initiative."

Among his own initiatives these last three-plus years have been partnerships with Hong Kong Polytechnic

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University and China's Peking University, a program in Jewish studies, and a joint degree with St. Louis' Eden Seminary—all additions to the Brown School's existing list of joint-degree programs.

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Laurence E. Lynn, Jr., an emeritus professor at the University of Chicago, who worked with him there and earlier at Harvard's Kennedy School of Government (where Lawlor was a research assistant between Bowdoin and a Ph.D. at Brandeis University), fleshes out the man's portrait. "He is a warm, easy-to-meet, easy-to-get-to-know

guy, no pretenses, down to earth," Lynn says of his longtime colleague and good friend, known to all as Eddie. "...I think his effectiveness as an administrator has much to do with his combination of intelligence and likability."

As a researcher, Lawlor is best known for *Redesigning the Medicare Contract: Politics, Markets, and Agency*, published four years ago by University of Chicago Press. In the book, he presents Medicare as a contract between its beneficiaries on the one hand and U.S. taxpayers on the other, with Congress and the Medicare administration muddling away in the middle. "I think we still have a long way to go in toning up Medicare, particularly as the baby boom generation grows old," says Lawlor, now 52.

He continues to write, most recently one paper on strategies to reduce racial and ethnic disparities in health care and another that may become a book on the future of Medicare—always on topics that bridge the complex intersection of health care, economics, and politics. So the current presidential campaign season finds him listening—and hoping—for the candidates to put forth proposals for "real reform."

Always commanding his attention is the changing landscape for social work education, marked this past decade by a 60 percent increase in master's programs. The Brown School has managed to increase its share of the applicant pool, in part by deliberately recruiting alumni of organizations like the Peace Corps, Teach For America, Americorps, and the Jesuit Service Corps—"very specific pools of really talented students that we feel have leadership potential," Lawlor says. Together, they account for about 20 percent of incoming students.

"To succeed in this environment for social work education, we need to find new career lines and professional opportunities for our students," Lawlor says, "and create a modern educational program that is preparing them for leadership."

Looking ahead, Lawlor is especially excited about the opportunities provided by the University's planning process. New initiatives in the community, in health, and in international social and economic development are gearing up at the School. "We have great conversations going on among the deans to enhance our joint-degree programs and interdisciplinary research. The people, schools, and community partners at Washington University are ripe for new research and training programs in these fields," he says. ■

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Heads-Up Play The Washington University football Bears celebrate their 2007 Founders Cup victory with Chancellor Mark S. Wrighton. Forcing seven turnovers in the first half alone, the Bears' defense helped propel the team past the University of Chicago,

31-10. The October 13th victory marked the 16th time out of the last 21 meetings that the Bears have won the Founders Cup game. At press time, the team had finished its regular season with a 7-3 record. (Photo by Joe Angeles)